



Sometimes, first aid isn't a **bandage, or **CPR** or the **Heimlich**, or calling **911**. Sometimes, first aid is **YOU!****

Mental Health First Aid is the help offered to a person developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.

The Military and Veteran population and their families are resilient by nature. However, sometimes Service Members, Veterans, and their families experience difficulty coping with service, deployment, and reintegration. As a community, we can help them.

Take the course, save a life, strengthen your community, and help our heroes.

VFW Post 7530 is hosting an 8-hour Adult Mental Health First Aid USA training program:

- **Cost:** None (includes student manual, drinks, snacks and lunch)
- **When:** Monday, June 1, 2015 8:00 a.m. to 4:30 p.m.
- **Where:** VFW Post 7530, 4545 Westport Drive, Mechanicsburg, PA 17055
- **Contact:** 717-957-3432 or register online www.mentalwellnessawareness.org

National Certification for 3 years

CEUs for Human Resource Professionals, EMS Personnel, Pastors, Teachers-Act 48 with Superintendent's approval

Adult Mental Health First Aid Course

This course is for Adults wishing to help Military Members, Veterans and their Families.

National Certification as Adult Mental Health First Aider for 3 years upon successful completion.

CEUs for... Human Resource Professionals, EMS Personnel, Pastors, Teachers-Act 48 with Superintendent's approval

Monday, June 1, 2015
8:00 a.m. to 4:30 p.m.

VFW Post 7530
4545 Westport Drive
Mechanicsburg, PA 17055

Register: Online: www.mentalwellnessawareness.org
Phone: 717-957-3432
Email: mwaa@mentalwellnessawareness.org
Mail: 25 Spruce Road, PA 17053

Registration Information for training at VWF Post 7530, Mechanicsburg, PA 17055:

Name _____

Address _____

Phone number, if any _____

E-mail address, if any _____

Occupation and employer name, if any _____

Cost: No charge - Lunch will be provided

Brief description of why you're enrolling in the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)

*Support for this training class provided by:
The PA Department of Human Services/Office of Mental Health and Substance Abuse Services, the PA Department of Military and Veterans Affairs, and the Veterans of Foreign Wars.*