



## MENTAL HEALTH FIRST AID PROGRAM

### What is it?

Like CPR training helps a non-medical professional assist an individual following a heart attack, Mental Health First Aid helps an individual who doesn't have clinical training assist someone experiencing a mental health crisis. In both situations, the goal is to help support an individual until appropriate professional help arrives. Community Services Group (CSG) staff are among the first in the nation to become certified trainers for this important program.

### The Mental Health First Aid program aims to:

- Preserve life where a person may be a danger to self or others
- Provide help to prevent a mental health problem from becoming more serious
- Promote recovery of good mental health
- Provide comfort to a person experiencing a mental health problem

### The 12-hour Mental Health First Aid course shows people how to:

- Recognize the signs and symptoms of mental health problems
- Provide initial help
- Guide a person towards appropriate professional help

Participants receive a course manual and upon completion of the course, are certified Mental Health First Aiders.

### Mental Health First Aid in Your Community

In the next ten years, we hope that Mental Health First Aid will become as common as CPR and First Aid Training. It has the potential to reduce stigma, improve mental health literacy, and empower individuals - the benefits are limitless!

### Program Details

**Where:** Room B-103 of the Community Services Center at 630 Janet Avenue, Lancaster

**When:** March 20, and 27, 2012

**Time:** 9:00 p.m. to 3:00 p.m.

**Fee:** \$150

**Training Provided By:** Community Services Group Mental Health First Aid instructors.

#### To Sign Up:

Send a check clearly marked to MHALC  
630 Janet Ave, Lancaster, PA 17601

For more information, contact Mary Steffy at 717.397.7461 or at [mha@mh Lancaster.org](mailto:mha@mh Lancaster.org), Sandra Chaby at 717-285-7121 or at [chabys@csgonline.org](mailto:chabys@csgonline.org)

**This Mental Health First Aid training is co-sponsored by Mental Health America of Lancaster County, a United Way Partner Agency and Community Services Group**



Mental Health America of Lancaster County (MHALC) is part of a nation-wide voluntary organization dedicated to promoting mental health, preventing mental illness and contributing to the quality of life of persons suffering from mental and emotional problems.

Community Services Group is the preferred choice for individuals and referral sources because of CSG's network of comprehensive mental health, intellectual and developmental disabilities (IDD), children and eldercare services, and its commitment to empowering individuals and promoting independence and wellness.

**Community Services Group**  
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