

MENTAL HEALTH FIRST AID FOR VETERANS TRAINING



May 16th OR 17th • 8:30AM–4PM

Centronia Ambulance Corps

4300 Broadway, Allentown, PA 18104

NO COST TO ATTEND • LUNCH WILL BE PROVIDED • ON-SITE PARKING AVAILABLE

WHAT IS MENTAL HEALTH FIRST AID FOR VETERANS, SERVICE MEMBERS, AND THEIR FAMILIES?

Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental health problems and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

Mental Health First Aid for Veterans, Service Members, and Their Families is specifically designed for active military, veterans, their families, and personnel working with military who want to help them with a mental health related crisis or problem. 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, reintegration, and medical conditions. **As a community, we can help them.**



TO REGISTER, SCAN THE QR CODE
OR VISIT: <https://rb.gy/fxal>



Sponsored by Lehigh County Office of Veterans Affairs