

Cecil County Public Library is offering certification in Mental Health First Aid®

From National Council for Mental Wellbeing

Why? Did you know, nearly 1 in 5 in the U.S. lives with a mental illness.

(source: National Institute of Mental Health)

Mental Health First Aid® is a public education national certification course. Mental Health First Aid® is for everyone.

The Adult Mental Health First Aid® course is appropriate for anyone age 18 and older who is interested in learning how to help a person who may be experiencing a mental health related crisis or problem.

Adult Mental Health First Aid® teaches you to recognize and respond to the signs and symptoms of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to connect individuals in need of support to appropriate care. Topics covered include anxiety, depression, psychosis, and addictions.

Adult Mental Health First Aid®

Mon, April 29 & Mon, May 6 | 9am-1pm*

North East Branch Library

***Attendance at both sessions is required for certification.*

Scan the code for more information or call (410) 996-6269:



Last day to register is Friday, April 12

Adult Mental Health First Aid®

- Addresses common mental health concerns encountered by adults.
- Reduces stigma associated with mental health and addiction.
- Teaches strategies for family members, friends, and peers to recognize the signs and symptoms of mental health or substance use challenges and offer support.
- Offers self-help strategies for staying mentally well.



Completion of both pre and post coursework and attendance at both sessions is required for certification.



Cecil County Public
LIBRARY



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

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