



Mental Health First Aid Training

Sponsored by Brook Lane and funded by Brook Lane

Tuesday, August 21, 2018 & November 27, 2018
8 a.m. - 5:00 p.m. (Registration at 7:30 a.m.)

Location: Brook Lane Health Services
- Main Campus Community Room
13121 Brook Lane, Hagerstown, MD 21742



Brook Lane is located north of Hagerstown, on the Leitersburg-Smithsburg Road.
Driving directions are available at www.brooklane.org

Participants must attend the full day and complete the course to receive a certificate.

Who takes the course?

The course helps anyone who wants to learn how to provide initial help to someone who may be experiencing symptoms of a mental illness or in crisis.

- Clergy
- Members of faith communities
- Parish Nurses
- Parents
- Caregivers
- Teachers
- Neighbors
- Health & Human Service Workers
- Other Caring Citizens

About Mental Health First Aid

The adult Mental Health First Aid course is appropriate for anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. Topics covered include anxiety, depression, trauma, psychosis, and substance abuse.

Participants learn the signs and symptoms of the most common mental health problems, where and when to get help, and what type of help has been shown to be effective.

To Reserve your space, call Curt Miller at **301-733-0331 ext. 1228** or by email curt.miller@brooklane.org

- Brook Lane is offering the course for Free
- The course includes training materials, continental breakfast, lunch and snacks
- A Manual and MHFA Certificate are presented to all attendees completing the 8 hour course
- Register early as the class size is limited
- Registrations will be handled on a first received, first served basis

Please Register

Mental Health First Aid is an 8-hour training course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. People across the country — in all 50 states and the District of Columbia — are trained in Mental Health First Aid. They know how to identify, understand and respond to signs of mental illness and addictions.

The course is delivered by certified Mental Health First Aid USA instructors who complete a 5-day training and meet certification requirements.

Brook Lane offers Mental Health First Aid training as well as Youth Mental Health First Aid training on a quarterly basis, please visit www.brooklane.org Current Events for additional training dates.