



COMMUNITY
SERVICES GROUP

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.

Program Details

Where: Lebanon County MH/ID/EI
2nd Floor Conference Room
220 E. Lehman Street, Lebanon, PA

When: November 18 9:00- 4:00 pm
November 19 9:00- 4:00 pm

Training Provided By: CSG MHFA instructors

To Sign Up: Call Tamela Keppley at (717) 274-3415 or email tkeppley@lebcnty.org

Who can Attend: Anyone who lives in or works in Lebanon County

Cost: Free, Registration is limited.

**For more information, contact
Lisa Basci : bascil@csgonline.org**

MHFA has been approved by the PA Dept. of Health, Bureau of EMS for 8.5 M/t, 12 general recertification credit hours by SHRM, and 11 CE's for Registered Nurses

Funding for this training is provided by:

Lebanon County MH/ID/EI services