



[www.mentalwellnessawareness.org](http://www.mentalwellnessawareness.org)



MENTAL  
HEALTH  
FIRST AID

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A Pennsylvania Conference of  
the United Methodist Church

## May is Mental Health Month!

Since 2009 the Susquehanna Conference has been working with the Mental Wellness Awareness Association in Pennsylvania to bring the evidence-based international Mental Health First Aid Class to all United Methodists and to the public.

Through designated offerings to the **Mental Health Awareness Sunday Offering** over the past several years, United Methodists have been able to attend the eight-hour live training at no cost. Non-UMC members attend for \$50. Approximately 25 churches have hosted these valuable trainings over the past 8 years. We currently have three churches who are hoping to host the training over the next several months. **Contributions to the Mental Health Awareness Sunday Offering are essential to keeping this training going.** In fact, we have less funds available than needed for the number of churches who have asked to host it.

Sunday, May 20, 2018, has been suggested as a day to support Mental Health Month by designating a special offering to support Mental Health Awareness efforts in the Susquehanna Conference. This is important work! The demand is high, and we want to continue providing the Mental Health First Aid Training throughout the conference to all members and as a community outreach program.

**Please plan to support this much needed training by promoting Sunday, May 20<sup>th</sup>, as Mental Health Awareness Sunday.** Thank you for encouraging financial support for the Mental Health First Aid program of the SUSUMC. When submitting your offering, mark your contribution for offering #4050.

Thank you!