

# About Gemma Services

## Our Vision

We envision a world where every person knows they matter.

## Our Mission

Gemma accompanies people of all ages through life's challenges using individualized, data-informed support.

## Our Values

### Unlimited

WE THINK BIG

### Nimble

WE ADAPT AS NEEDED

### Inspired

WE ARE PASSIONATE ABOUT THE MISSION

### Transparent

WE SEEK THE TRUTH TO LEARN

### Effective

WE DO HARD THINGS WELL

### Diverse

WE WELCOME DIFFERENT PERSPECTIVES



Learn more  
about Gemma



**F**ormed in 2019 by the merger of Silver Springs - Martin Luther School and theVillage, Gemma represents more than 300 years of accompanying people as they face life's challenges so they know they matter. Today, Gemma provides adoption and permanency services, foster family care, mental health programs, a special education school (Martin Luther School), and prevention programs for thousands of youth and families each year.

To receive more information about scheduling a Mental Health First Aid Training or to schedule a training please scan the QR code below to share your contact information. We will reach out to you promptly.

### Philadelphia — Southwest

#### Preheim Center

6517 Chester Ave  
Philadelphia, PA 19142  
Office: (215) 730-2240



## MENTAL HEALTH FIRST AID TRAINING

Be the Help  
Until Help Arrives!



## MENTAL HEALTH FIRST AID (MHFA)

Mental Health First Aid is a training program that teaches parents, caregivers, and community members how to recognize, understand, and respond to signs of mental health and substance use challenges. This training is designed to help act in response to signs of stress or worry by providing important tools for understanding and care. Mental Health First Aid is offered in community settings by a Behavioral Health Educator who will guide participants in learning how to support mental health needs in everyday interactions.



### Who Should Take MFHA?

- Parents & Caregivers
- Teachers & School Staff
- First Responders
- Employers & Managers
- Faith Leaders
- Community Members

### What You'll Learn

- Participants will gain the skills to:
  - Identify common mental health challenges
  - Offer initial support and reassurance
  - Connect individuals to professional support
  - Respond to panic attacks, substance abuse, and suicidal thoughts
- This training includes interactive activities, discussions, and real-life scenarios to prepare you to act.

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### TRAINING OPTIONS:



**Virtual &  
In-Person  
Classes**



**8-Hour Full  
Certification  
Course**



**Certificate  
Upon  
Completion**

## Why Mental Health First Aid?

- 1 in 5 adults experience a mental health challenge each year
- Early intervention reduces crisis situations
- MHFA empowers communities to support one another

### FREQUENTLY ASKED QUESTIONS

#### How much does the training cost?

This training is **FREE** for individuals in **Philadelphia, Montgomery, and Delaware** counties thanks to funding from SAMHSA.

#### Will I receive a certificate?

Yes! Participants who complete the full training will receive an official certificate from Mental Health First Aid.

#### Can organizations or workplaces request a private training?

Yes! We offer MHFA training for schools, businesses, and community organizations. Contact us to schedule a group session.

#### Is this training similar to CPR/First Aid?

Yes! Just like CPR helps someone experiencing a physical health crisis, Mental Health First Aid provides the skills to assist someone facing a mental health or substance use challenge until professional help is available.