



FREE Adult Mental Health First Aid Course



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

What is Mental Health First Aid?

- 8-hour evidence-based interactive public education program
- Teaches participants the signs of mental illness and substance misuse
- Introduces an action plan to initiate referral to mental health resources or support an individual who is experiencing a mental health crisis

Why is Mental Health First Aid Important?

- Just like CPR, it is a vital skill that improves the well-being of our community
- Helps to eliminate stigma associated with mental illness and substance misuse
- Promotes recovery and resiliency

Date:

Thursday, May 19th
8:30am-4:30pm

Location:

1 Bergen County Plaza -
4th Floor Learning Center
Hackensack, NJ 07601

To Register:

Contact Lisa Abbate

LAbbate@co.bergen.nj.us

201-634-2742

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