



# FREE Youth Mental Health First Aid Courses



Mental Health  
FIRST AID

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

## What is Youth Mental Health First Aid?

- 7-hour interactive public education program
- Teaches participants the unique risk factors and warning signs of mental health problems in adolescents

## Who Should Take This Course?

- This is for ADULTS who regularly interact with adolescents (teachers, school staff, coaches, youth group leaders, parents, etc.)

## Why is Youth 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

### Dates:

Wednesday, May 4th &  
Wednesday, May 25th  
8:30am-4pm

### Location:

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

### To Register:

Contact Lisa Abbate  
[LAbbate@co.bergen.nj.us](mailto:LAbbate@co.bergen.nj.us)  
201-634-2742



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