

Bergen County Department of Health Services
is proud to present
Mental Health First Aid Training

Bergen County is providing a unique opportunity for you to participate in Mental Health First Aid training at **NO COST**.

Mark **May is Mental Health Awareness Month** by registering for this vital course.

Learn how YOU can make a difference for someone!

What is Mental Health First Aid?

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



ALL COURSES WILL BE HELD AT ONE BERGEN COUNTY PLAZA—
4TH FLOOR LEARNING CENTER

8:30AM – 4:30PM

COURSE DATES: WEDNESDAY, MAY 1ST OR

TUESDAY, MAY 7TH OR THURSDAY, MAY 23RD

To Register please email Nohely Salvador at nsalvador@co.bergen.nj.us

SPACE IS LIMITED—Registration is Required

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 abuse
- Promotes recovery and resiliency

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