

Bergen County Department of Health Services
is proud to present

Youth Mental Health First Aid Training

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

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

This vital course can help **YOU** make a difference for a young person!

What is Youth Mental Health First Aid?

- 8 hour interactive public education program
- Teaches participants the unique risk factors and warning signs of mental health problems in adolescents
- Introduces a five-step action plan to support a youth and initiate mental health resources



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

8:30AM – 4:30PM

COURSE DATES: SATURDAY, MAY 4TH OR

SATURDAY, MAY 18TH OR WEDNESDAY, MAY 29TH

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

SPACE IS LIMITED—Registration is Required

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 abuse
- Promotes recovery and resiliency

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