



FREE Mental Health First Aid Courses



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

What is Mental Health First Aid?

- Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults or youth. You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

Adult MHFA vs Youth MHFA:

- Youth MHFA is for adults who regularly interact with adolescents (parents, grandparents, coaches, youth group leaders, faith leaders, school staff, etc.)
- Adult MHFA is for adults assisting other adults who may be experiencing a mental health challenge.

Upcoming Dates:

Monday August 29th - ADULT
Wednesday October 19th - YOUTH
Wednesday October 26th - ADULT
Wednesday November 16th - ADULT
Wednesday December 14th - YOUTH

Location:

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

Adult courses 8:30am-4:30pm
Youth courses 8:30am-4:00pm

To Register:

Contact Lisa Abbate
LAbbate@co.bergen.nj.us
201-634-2742

REGISTRATION IS REQUIRED, SPACE IS LIMITED

COUNTY OF BERGEN

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