



MENTAL
HEALTH
FIRST AID

Youth Mental Health First Aid

Join the Movement

A young person you know could be experiencing a mental health or substance use problem. **Learn an action plan to help.**

Become a Youth Mental Health First Aider. Anyone 18 or older can take this course. Recommended for parents, teachers, coaches, social workers, faith leaders and other caring citizens those who regularly interact with young people ages 12 –18.

WHEN:

Sat, Mar 17th AND Sat, Mar 24th
12:00 pm - 5:00 pm
Participants must attend both sessions to be certified First Aiders

WHERE:

Bernards Township Library
Program Room A
32 South Maple Avenue
Basking Ridge, NJ 07920

COST:

\$50 - Includes all program materials, certification, and light refreshments.

REGISTRATION:

Call Kaitlin Cartoccio at (908) 204 - 2523 to register.
Make checks payable to :
Bernards Township Municipal Alliance
262 South Finley Ave
Basking Ridge, NJ 07920

YOU can be the one to make a difference.



Bernards Township
Municipal Alliance
Against Substance Abuse



For more information :
visit www.bernardsalliance.org