



# 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:**

Thursday, May 10th  
8:30 am - 5:00 pm  
*Participants must attend all day to be certified First Aiders*

### **WHERE:**

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

### **COST:**

\$50 - Includes program materials, certification, and snacks.  
*Lunch is on your own*

### **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.**



**For more information :**  
visit [www.bernardsalliance.org](http://www.bernardsalliance.org)