

# Mental Health First Aid



May 18, 2023  
9:00- 4:30



Bernards Township Library  
32 S. Maple Ave, Basking Ridge

Register for **FREE**

<https://tinyurl.com/3jfk9kn>

Mental Health First Aid teaches adults how to identify, understand and respond to signs of mental health and substance use challenges among adults 18+.

On average,

**130**

people die by  
suicide every day.

*Source: American Foundation  
for Suicide Prevention*

From 1999 to 2019,

**841,000**

people died from  
drug overdoses.

*Source: Centers for Disease  
Control and Prevention*

Nearly

**1 IN 5**

in the U.S. lives  
with a mental illness.

*Source: National Institute  
of Mental Health*

## WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.



## REQUIREMENTS

Participants will be required to complete 2 hours of online self-guided learning PRIOR to attending the in person session.



## QUESTIONS?

For more information contact Susan Visser at [svisser@communityincrisis.org](mailto:svisser@communityincrisis.org)



Please scan  
to register.

