

UPCOMING PROGRAMS

Youth Mental Health First Aid

May 11, 2023
9:00am - 3:00pm

9 Church Street
Bernardsville, NJ 07924

Register for FREE
<https://tinyurl.com/ysyndpw9>

Youth Mental Health First Aid teaches adults how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18.

10.2%

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid**

1 in 5

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness*

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry***

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers
- School Staff
- Coaches
- Camp Counselors
- Youth Group Leaders
- Parents
- Adults who Work with Youth



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



Please scan to register.



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



Please scan to register.



Don't Forget!

COVID-19 Vaccine Clinics
Tuesdays 3-5pm at St. James

COVID-19 Testing Clinics
Thursdays 9 am - 12 pm at
Bernards Twp Community Center

Check [here](#) for
May dates

QPR Question
Persuade
Refer

Suicide Prevention Training

Virtual
Wed., April 26th 6:30 - 8:30 pm
Via Zoom

[Click here to register and view flyer](#)

REMINDER

Sign up for the
Twilight Challenge !!

Get pre-registration
prices before June
2nd on [RunSignUp](#)