

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.

