



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Two Session Options:

July 18th, 9:30am-1:30pm

August 8th, 7:00pm-11:00pm

HOSTED AT:

EMERGENCY SERVICES TRAINING CENTER

53 ACADEMY DRIVE, WESTAMPTON, NJ 08060

REGISTER TODAY!

[July 18th Registration](#)

[August 8th Registration](#)

WHY MENTAL HEALTH FIRST AID?

Just like CPR teaches you how to help someone having a heart attack, Mental Health First Aid teaches you how to help someone experiencing a mental health or substance use crisis. You learn risk factors and warning signs for mental illness and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations and where to turn for help.

Learn the Action Plan

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

Training also includes:

Narcan Training

led by

Project Director Brandy Mullin

Funded by:

The Governors Council on Alcoholism and Drug Abuse through the Burlington County Municipal Alliance Program.

Learn more at www.mentalhealthfirstaid.org

