



Adult Mental Health First Aid Training

Mental Health First Aid is an 6.5 hour training that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. **The training helps identify, understand, and respond to signs of mental illnesses and substance use disorders.**

This course will teach you how to apply the ALGEE 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

Leverage your MWC to increase support for your residents who may be experiencing a mental health or substance use problem.

Learn how to help someone in distress. Recognize symptoms. Learn a 5-step action plan.

Take the course.
Strengthen your community.

This 6.5 hour training will take place virtually on **Thursday October 13th from 9:30am to 4pm.** Participants are required to complete 2 hours of online prework prior to the start of the class.

WHO SHOULD ATTEND

- Mayors
- Community Leaders
- MWC Committee Members
- Municipal Employees

****Participants will need to be on camera for the entire training to receive certification.**

WHAT IT COVERS

- Common signs and symptoms of mental illness.
- Common sign sand symptoms of substance use.
- How to interact with a person in a crisis.
- How to help connect the person with help.

Nearly 1 in 5 U.S. adults lives with a mental illness.
(National Institute of Mental Health)

To register, email your name, title, and cell phone number to **JULIE DESIMONE AT jdesimone@njhcqi.org.**



MENTAL HEALTH FIRST AID®



Mayors Wellness Campaign®
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