



Adult Mental Health First Aid Training

Mental Health First Aid is a skills-based training that **teaches you how to identify the signs of a mental health or substance use challenge** and provides **strategies to help** someone in crisis and noncrisis situations. This training will **prepare you** to support someone experiencing mental health challenges.

Why Take This Course?

- Mental health conditions are the *most common* complication during pregnancy and up to one year after childbirth, affecting 1 in 5 women
- Early recognition of symptoms is crucial to provide timely support and prevent severe consequences

In This Course You Will:

- Learn how to recognize common signs and symptoms of mental health and substance use challenges
- Understand how to interact with a person in crisis
- Identify professional resources to refer someone for help
- Learn self-care tools and techniques

(Maternal Mental Health Leadership Alliance)

WHAT IT COVERS

- Common mental health conditions such as:
 - Anxiety
 - Depression
 - Psychosis
 - Substance Use Disorders
- Opportunity to practice learned skills via:
 - Role-playing
 - Maternity-specific scenarios
 - Activities to simulate real-life interventions



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Join us for this free virtual training on
Thursday, November 30 from 9 am - 4 pm.

*This training is for community health workers serving pregnant people in **Essex, Morris, or Union County.**
This training is provided at no cost with generous support from The Healthcare Foundation of New Jersey.*

To **register**: send your name, county, email, and phone number to
Adelisa Perez-Hudgins at aperez@njhcqi.org by **November 13, 2023.**

Participants are required to complete 2 hours of online prework prior to the start of the class.



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**Mental Health
Association in
New Jersey, Inc.**