



MENTAL  
HEALTH  
FIRST AID

# Youth Mental Health First Aid

## Join the Movement

A young person you know could be experiencing a mental health or substance use problem. **Learn an action plan to help.**

**Become a Youth Mental Health First Aider.** Anyone 18 or older can take this course. Recommended for parents, teachers, coaches, social workers, faith leaders and other caring citizens those who regularly interact with young people ages 12 –18.

### WHEN:

Sat, Mar 17th AND Sat, Mar 24th  
12:00 pm - 5:00 pm  
*Participants must attend both sessions to be certified First Aiders*

### WHERE:

Bernards Township Library  
Program Room A  
32 South Maple Avenue  
Basking Ridge, NJ 07920

### COST:

\$50 - Includes all program materials, certification, and light refreshments.

### REGISTRATION:

Call Kaitlin Cartoccio at (908) 204 - 2523 to register.  
Make checks payable to :  
*Bernards Township Municipal Alliance*  
262 South Finley Ave  
Basking Ridge, NJ 07920

YOU can be the one to make a difference.



Bernards Township  
**Municipal Alliance**  
Against Substance Abuse



For more information :  
visit [www.bernardsalliance.org](http://www.bernardsalliance.org)