



YOU COULD BE THE HELP
SOMEONE NEEDS.
GET TRAINED.

**The American Foundation for Suicide Prevention
Central New Jersey Chapter**
is providing this workshop through funds raised by the
Out of the Darkness Walks

You may know CPR and the Heimlich maneuver. You can call 911. But can you administer first aid in a mental health crisis? Learn how...

Mental Health First Aid Training

November 1, 2017 ~ 8:30am-5:00pm

Basking Ridge Library
32 S Maple Ave
Basking Ridge, NJ 07920

Continental Breakfast and Light Lunch Provided

To Register contact Kaitlin Cartoccio at (908) 204-2523

Class size is limited 30 – Register Early!

Mental Health First Aid Teaches

Risk factors and warning signs of mental health concerns.

Information on depression, anxiety, trauma, psychosis, and substance use.

A 5-step action plan to help someone developing a mental health concern or in crisis.

Available evidence-based professional, peer, and self-help resources.

Mental Health First Aid reviews the unique risk factors. It emphasizes the importance of early intervention and covers how to help those in crisis or experiencing a mental health challenge.



American Foundation
for Suicide Prevention

