



Someone you know could be experiencing a mental illness or crisis.
You can help them!

Our Parish Nurses invite you to attend a

MENTAL HEALTH **FIRST AID TRAINING**



Offered by the Mental Health Association of Essex and Morris

SATURDAY, APRIL 28, 2018, 8 AM – 4 PM

Here at Notre Dame in Room 201

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care.

Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Cost: \$35 (includes workshop and materials) – please make check payable to MHAEM.

REGISTRATION DETAILS

To register, please email the information below to tklingener@mhaessexmorris.org, or call (973) 334-3496, ext. 112. Please provide name, phone number, email address, occupation and a brief description of why you are enrolling in the course, i.e., help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information.

If you have any questions, please contact Parish Nurse Shirley Bergen at
973-887-7127 / sbergen@optonline.net.