

Bergen County Department of Health Services in partnership with the
Family Support Organization of Bergen County
is proud to present

Mental Health First Aid Training

Bergen County is providing a unique opportunity for you to participate in
Mental Health First Aid training at **NO COST**.

Engage in the County's Stigma Free Initiative by taking this vital course.

Learn how YOU can make a difference for someone!

What is Mental Health First Aid?

- 8 hour evidence-based interactive public education program
- Teaches participants the signs of mental illness and substance abuse
- Introduces a five-step action plan to initiate referral to mental health resources or support an individual who is experiencing a mental health crisis

REGISTER TODAY FOR ANY OF THESE COURSES

(All courses will be held at One Bergen County Plaza, Hackensack)

Saturday, September 28th 8:30am-4:30 pm (4th Floor Learning Center)

Thursday, October 3rd 8:30am – 4:30pm (5th Floor Freeholders Public Mtg. Room)

Sunday, October 20th 8:30am-4:30pm (4th Floor Learning Center)

Wednesday, November 13th 8:30am-4:30pm (4th Floor Learning Center)

Saturday, December 7th 8:30am – 4:30pm (4th Floor Learning Center)

To Register contact Haley Contino at hcontino@co.bergen.nj.us
or 201-634-2708



Why is Mental Health First Aid Important?

- Just like CPR, it is a vital skill that improves the well-being of our community
- Helps to eliminate stigma associated with mental illness and substance abuse
- Promotes recovery and resiliency



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