



Mental Health First Aid USA



Be the one to lead by example. Get certified in Mental Health 1st Aid.

1 in 5 Americans will experience a mental illness in a given year

Learn how you can help someone in distress, and get the tools to identify, understand and respond to signs of mental health and substance abuse disorders.

You will learn about:

- The risk factors
- Signs and symptoms of common mental health and substance abuse disorders
- The best practices for talking to other adults about mental health and addiction
- The 5 step action plan to respond to crisis
- Local resources and where to turn for help

Training Date

Saturday, October 20, 2018

Masjid-e-Ali Mosque

47 Cedar Grove Lane, Somerset, NJ 08873

8:30am-5pm (Must attend full class to attain certification)

\$20 fee includes course, refreshments, lunch

Please register by Oct 16th at:

<http://ftwpc.faith/> or
send a text to 732-735-3371

Register early! Class is limited to 30 people

**For information contact the
Franklin Township Municipal Alliance for the
Prevention of Substance Abuse
at 732-873-1991**