



Mental Health First Aid USA



Get certified in Youth Mental Health 1st Aid.

Be the one to lead by example.

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Training Date

Saturday, April 13, 2019

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 April 9th at:

<http://ftwpic.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



Sponsored by the Franklin Township Municipal Alliance for the Prevention of Substance Abuse,
the Franklin Township Interfaith Council, the Somerset County Freeholders,
and the New Jersey Governor's Council on Alcoholism & Drug Abuse

