



Register By March 19!

Thursday, March 26, 10 a.m.–3 p.m.
Saint Clare's Behavioral Health
50 Morris Ave., Denville

WHY MENTAL HEALTH FIRST AID?

MHFA teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults. Nearly 1 in 5 people in the U.S live with a mental illness.

This FREE course will teach you how to apply the MHFA Action Plan (ALGEE):

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies.

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID?

• Employers • Police officers • Hospital staff • First responders • Caring individuals

Blended Delivery Format:

2 hour, self-paced online course/4 hour, in-person training led by **NewBridge Services** and **Saint Clare's Behavioral Health**.
Class meets in the auditorium. Working lunch.

Register No Later Than Thursday, March 19. Limited Spaces.

Simply send an email to: rosaelenaklingener@primehealthcare.com