

Bergen County Department of Health Services  
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**.

The holiday season can be a difficult time of year for individuals.

**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**

ONE BERGEN COUNTY PLAZA—4TH FLOOR LEARNING CENTER

**THURSDAY, DECEMBER 6, 2018**

**8:30AM – 4:30PM**

To RSVP please email Nohely Payamps at [npayamps@co.bergen.nj.us](mailto:npayamps@co.bergen.nj.us)

## ***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



### **COUNTY OF BERGEN**

JAMES J. TEDESCO III, *County Executive*

### **BOARD OF CHOSEN FREEHOLDERS**

Thomas J. Sullivan, *Chairman* • Germaine M. Ortiz, *Vice Chairwoman* • Mary J. Amoroso, *Chair Pro Tempore*  
David L. Ganz • Steven A. Tanelli • Joan M. Voss • Tracy Silna Zur