



FREE MENTAL HEALTH FIRST AID TRAINING

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

On average,
130
people die by
suicide every day.

*Source: American Foundation
for Suicide Prevention*

From 1999 to 2019,
841,000
people died from
drug overdoses.

*Source: Centers for Disease
Control and Prevention*

Nearly
1 IN 5
in the U.S. lives
with a mental illness.

*Source: National Institute
of Mental Health*

Sources

American Foundation for Suicide Prevention. (n.d.). *Suicide statistics.* <https://afsp.org/suicide-statistics/>

Centers for Disease Control and Prevention. (n.d.) *Drug overdose deaths.* <https://www.cdc.gov/drugoverdose/deaths/index.html>

National Institute of Mental Health (NIMH). (n.d.). *Mental illness.* <https://www.nimh.nih.gov/health/statistics/mental-illness>

Date and Time: May 14, 2024 9:00 am - 1:00 pm
May 15, 2024 9:00 am - 1:00 pm
****Must attend both days.**

May 22, 2024 9:00am - 5:00pm
One day 8-hour course

Location: Police Department -18 Donaldson Avenue Rutherford, NJ 07070

Register Today!

Participants must be at least 18 years
old to enroll in a course.

Jennifer Galarza

201-460-3020

jgalarza@rutherfordboronj.com

