



MENTAL  
HEALTH  
FIRST AID

# Mental Health First Aid

June 6, 2016, 8:30am-4:30pm

River Vale Public Library

Mental Health First Aid Training is an 8-hour course that teaches you how to help someone who is developing a mental illness or experiencing a mental health crisis. This training program has proven to increase knowledge, reduce stigma, and increase supportive action.

**Program Goals:** Participants will engage in experiential activities to build an understanding of the impact of mental illness. Participants will learn a 5-step Action Plan that teaches how to assess, listen non-judgmentally, give reassurance, and encourage professional help. It also teaches self-help strategies for someone experiencing a mental health crisis.

## Participants will learn how to...

- Recognize the signs and symptoms of mental health disorders such as anxiety, depression, psychosis and addiction.
- Approach someone in a mental health crisis.
- Be supportive, diffuse the situation and encourage professional help.
- Understand what to do if someone is suicidal, harming themselves, or refusing help.

## The training is especially suited for...

- Law enforcement, fire fighters, first responders
- Teachers, school administrators, general college staff members
- Doctors, nurses, ER medical staff
- Caseworkers, support/welfare workers
- Human resource managers, department supervisors
- Community center groups
- Faith communities
- Members of the general public who are interested in learning more about mental illness

There is no participant cost for this training. Light snacks and refreshments will be provided. Please bring lunch. **To register contact:** Marguerite Deppert at [Mdeppert@hillsdalenj.org](mailto:Mdeppert@hillsdalenj.org). Attendance for the full day is required to receive certification. The River Vale Public Library is located at 412 Rivervale Road, River Vale, NJ 07675.