Bergen County Department of Health Services in partnership with the Family Support Organization of Bergen County 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**.

Engage in the County’s Stigma Free Initiative by taking this vital course.

**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 FOR ANY OF THESE COURSES**

(All courses will be held at One Bergen County Plaza, Hackensack)

- **Saturday, September 28th** 8:30am-4:30 pm (4th Floor Learning Center)
- **Thursday, October 3rd** 8:30am – 4:30pm (5th Floor Freeholders Public Mtg. Room)
- **Sunday, October 20th** 8:30am-4:30pm (4th Floor Learning Center)
- **Wednesday, November 13th** 8:30am-4:30pm (4th Floor Learning Center)
- **Saturday, December 7th** 8:30am – 4:30pm (4th Floor Learning Center)

To Register contact Haley Contino at hcontino@co.bergen.nj.us or 201-634-2708

**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