

New Bridge Medical Center
is proud to present
Mental Health First Aid Training

We invite you to participate in this unique opportunity to learn an evidence based public education and prevention tool.

What is Mental Health First Aid?

- An interactive course teaches individuals how to help people who may be living with a mental illness, experiencing a mental health crisis or coping with substance abuse issue
- Includes topics such as anxiety, depression, psychosis, and addictions
- Introduces a five-step action plan to initiate referral to mental health



REGISTER TODAY

This course is valued at \$170
but participants may attend this
training at **No Charge!**

TUESDAY, APRIL 10TH

**8:30AM–4:30PM AT
NEW BRIDGE MEDICAL CENTER
230 East Ridgewood Ave
Paramus, NJ 07652**

(BREAKFAST AND LUNCH WILL BE PROVIDED) To register, contact RoseMary Klie at RKlie@newbridgehealth.org or 201-225-7674 by Friday, April 6th. *Please note this is not sponsored by Saddle Brook Board of Education*

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

