

BERGEN NEW JERSEY *County*

Bergen County Executive
James J. Tedesco III
and the
Board of Chosen Freeholders
Presents

Mental Health First Aid Training



What is Mental Health First Aid?

- An interactive course that teaches an individual how to help people who may be struggling with a mental illness, mental health crisis or substance abuse issue
- Includes topics such as anxiety, depression, psychosis, and addictions
- Introduces a 5-step action plan to initiate referral or support to an individual who is experiencing a mental health crisis

Why? Mental Health First Aid Training is just as important as learning CPR! The care and concern you may provide might be the difference that saves one's life.

TO REGISTER: Contact Nohely Payamps at npayamps@co.bergen.nj.us or 201-634-2746. Space is Limited. Please note, this is not sponsored by Saddle Brook Board of Education

**April 10th or April 25th, 2018 8:30am—
4:30 pm**

Bergen County Administration Building
One Bergen County Plaza, Learning Center, 4th Floor
Hackensack, NJ 07601



James J. Tedesco III
Bergen County Executive

Board of Chosen Freeholders

Thomas J. Sullivan, *Chairman* * Germaine M. Ortiz, *Vice Chairwoman* * Mary J. Amoroso, *Chair Pro Tempore*
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