



# Free Mental Health First Aid Training



## Join in the fight to save lives and train to become a Mental Health First Aider

Mental Health First Aid (MHFA) is an in-person 8 hours training that teaches you how to help persons developing a mental illness or in a crisis.

Learn how to apply the MHFA action plan in a variety of situations, including:-

- Anxiety
- Depression
- Addictions
- Acute psychosis (e.g. hallucinations or delusions)

The opportunity to practice through role plays, scenarios, and activities, makes it easier to apply these skills in a real-life situation.

Join us for:

What: **Mental Health First Aid Training**

When: Wednesday, April 4th, 2018.

Time: 8:30am - 5:30pm

Where: American Legion Hall

410 Mt Pleasant Ave

Woodland Park, NJ 07424.



*Become a Volunteer!*

All college students are welcome!

Registration required. Please contact the Passaic County Department of Health

Health Educator

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*Save Lives and Build Stronger, Healthier, and Well Prepared Communities*

Has been approved by the New Jersey Department of Health as a provider of New Jersey Public Health Continuing Education Contact Hours (CEs).



Sponsor

Passaic County Department of Health  
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