



# Mental Health First Aid

**Skyline Firehouse**

**67 Edgewood Rd**

**May 18, 2019**

**Time: 8:30-4:30pm**

## **Course is for adults 18+...What you will learn:**

- How to recognize signs of mental health disorders such as anxiety, depression, psychosis and addiction
- How to approach and support someone in a mental health crisis until appropriate professional help arrives
- How to be supportive, diffuse the situation, and encourage professional help
- Understand what to do if someone is suicidal, harming themselves, or refusing help
- Learn to assess risk, listening respectfully support an individual in crisis, and identify appropriate professional help and other supports.

## **MUST ATTEND THE ENTIRE 8 HOURS TO RECEIVE CERTIFICATION.**

**Being offered for FREE**

**Through a grant provided by Chilton Medical Center**

*Bagels and coffee will be provided in the morning*

*Bring your own Lunch*

**Pre-Registration Required contact [jdavison@ringwoodnj.net](mailto:jdavison@ringwoodnj.net)**

**Or call (973) 962-4343**

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