

Mental Health First Aid Training

Join the more than 2.6 MILLION First Aiders who have chosen to be the difference in their community.

Atlantic Health System Behavioral Health has partnered with NewBridge Services, a nonprofit provider of counseling services and educational programs, to host Mental Health First Aid (MHFA) training via Zoom classes to the communities we serve.

Learn How to Support Your Friends, Family and Neighbors

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

After the Two-Day Course, You'll Be Able to:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.

REGISTER TODAY

Classes will be held via ZOOM

Training will be provided by Beth Jacobson, Director of Community Response and Education, NewBridge Services

Attendees must participate in both webinars.

Dates: October 18 and 20, 6:00 to 8:30pm

Register via:

https://atlanticealth.zoom.us/webinar/register/WN_egB5lx2JSoiUiaHi3EF6zA

Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):

Assess for risk of suicide or harm

Listen nonjudgmentally

Give reassurance and information

Encourage appropriate professional help

Encourage self-help and other support strategies

For more information, contact
Jennifer.carpinteri@atlanticealth.org



Atlantic
Health System
Behavioral Health



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