



Mental Health First Aid

May 7, 2020 (Part 1) and May 14, 2020 (Part 2) - 8:00am - 12:00pm both days
Registration fee: \$95.00 (includes light breakfast both days)

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

Topics covered include depression and mood disorders, anxiety disorders, trauma, psychosis, and substance use disorders. Mental Health First Aid teaches about recovery and resiliency – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.

When you take a course, you learn how to apply the Mental Health First Aid action plan in a variety of situations, including when someone is experiencing panic attacks, suicidal thoughts or behaviors, nonsuicidal self-injury, acute psychosis (e.g., hallucinations or delusions), overdose or withdrawal from alcohol or drug use, or a reaction to a traumatic event.

Presented by the Mental Health Association of Essex and Morris Counties and sponsored by Employment Horizons. This program has been pre-approved by the CRCC for 8 clock hours.

Questions? Contact Samantha Oras at 973.538.8822 x249 or soras@ehorizons.org.



Pre-Approved Continuing Education