

# FREE TRAINING!



MENTAL  
HEALTH  
FIRST AID®

**MENTAL HEALTH FIRST AID IS A PUBLIC EDUCATION PROGRAM THAT CAN HELP INDIVIDUALS ACROSS THE COMMUNITY UNDERSTAND THE DISEASES OF MENTAL ILLNESS AND ADDICTION, SUPPORT TIMELY INTERVENTION AND SAVE LIVES.**

This 8-hour training introduces participants to risk factors and warning signs, builds understanding of their impact and overviews common treatments.

Mental Health First Aid allows for early detection and intervention by teaching participants about the signs and symptoms of specific illnesses like anxiety, depression, schizophrenia, bipolar disorder, eating disorders, and addictions. The program offers concrete tools and answers key questions like “What can I do to help?” and “Where can someone find help?” Participants are introduced to local mental health resources, national organizations, support groups, and online tools for mental health and addictions treatment and support.

**This training is being offered on behalf of the Garfield Stigma Free Committee. If you are interested in being a member of the committee, please contact Erin at: [Delaney4@yahoo.com](mailto:Delaney4@yahoo.com)**

**GARFIELD  
PROUD TO BE  
STIGMA-FREE**

**When:**  
Monday December 5th &  
Tuesday December 6th

**Time:**  
5PM-9PM

**Where:**  
YMCA Multipurpose Room  
70 Outwater Lane  
Garfield, NJ 07026

Please note that participants **MUST** attend **BOTH** sessions in order to get certified.

**\*Please do not apply if you cannot make this commitment.**

To register, or for more information, please contact: Erin Delaney at 973-573-1169 or [Delaney4@yahoo.com](mailto:Delaney4@yahoo.com)