

Please Join the Jersey City Division of Injury Prevention for



ADULT MENTAL HEALTH FIRST AID TRAINING

In-person - Mary Mcleod Bethune Life Center
140 Martin Luther King Drive - Parking available
Saturday January 27th, 2024, 9:00am- 5:00pm

In partnership with SAMHSA & the National Council for Mental Wellbeing,
we are please to provide FREE Mental Health First Aid Training to the public.
Participants will:

Gain skills to identify & understand mental health & substance use issues.

Obtain meaningful tools to respond to those in crisis.

Identify professional & self-help resources to refer individuals in need.

Increase confidence in & likelihood to help individuals in distress.

Increase individual mental wellness.

Register Using This Link:

<https://jcnj.swoogo.com/MHFAonline2024-01-27>

Registered Participants are welcome to bring their own bagged lunch.

In Partnership With:



Mental Health
FIRST AID®

from NATIONAL COUNCIL FOR
MENTAL WELLBEING®

#HealthierJC