

# Please Join the Jersey City Division of Injury Prevention for



## ADULT MENTAL HEALTH FIRST AID TRAINING

Marion Gardens Betty Morris Community Center,  
Saturday May 9th, 9:00am - 5:00 pm  
Location: 73 Dales Ave. Contact info: Velma Barnett (201) 539-5213  
Keisher Harris (201)547-6806 kharris@jcnj.org

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:

Registered Participants are welcome to bring their own bagged lunch.

In Partnership With:



Mental Health  
FIRST AID®

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING®

# #HealthierJC