



YOUTH MENTAL HEALTH FIRST AID TRAINING:

Saturday, March 7



Why would I take this training?

A young person YOU know may be experiencing a mental health or substance use challenge – learn an ACTION PLAN to help them find the right resources.

Anyone, anywhere can be the one to make a difference in the life of someone who is struggling – IF we know what to do and what to say. The Youth Mental Health First Aid training teaches you how.

You will learn how to identify, understand and respond to signs of mental illnesses and substance use disorders in your community, while also discussing how to be nonjudgmental, compassionate and a great listener.

NOTE: You must attend the entire day to become certified.

Classes fill up quickly [so register today.](#)

“Let’s make Youth Mental Health First Aid Training as common as CPR.”

For more info check out www.communityincrisis.org and www.mentalhealthfirstaid.org

WHEN: Saturday, March 7
8:30 am – 5 pm

WHERE: The Youth Center
Basking Ridge Pres. Church
1 E. Oak St., Basking Ridge

TO REGISTER, send an email to Cathi@brpc.org

with the following info:

YOUR NAME, CELL, EMAIL, HOME ADDRESS

Sign up by 2/28/20. After that date, call Cathi at 908-240-2060.

WHAT: You will become certified as a first responder in “Youth Mental Health First Aid USA”.

The **discounted cost of \$60** includes course materials, certification, bagels and lunch.

Email registration ends on February 15. After that, call Cathi at 908-240-2060.

Take advantage of our **SPECIAL REDUCED RATE:** bring a friend and pay only **\$50 each!**

Anyone 18 or older can take this course. Recommended for parents, teachers, coaches, social workers, faith leaders, police officers, school bus drivers, uncles, aunts, and other caring citizens who regularly interact with young people ages 12 –18.