



YOU COULD BE THE HELP SOMEONE NEEDS.
GET TRAINED.

The American Foundation for Suicide Prevention

New Jersey Chapter

is providing this workshop through funds raised by the
Out of the Darkness Walks



**American
Foundation
for Suicide
Prevention**

You may know CPR and the Heimlich maneuver. You can call 911. But can you administer first aid in a mental health crisis? Learn how...

Youth Mental Health First Aid Training

May 3, 2019 ~ 8:30 am-5:00 pm

F.M. Kirby Children's Center of the Madison Area YMCA
54 East Street
Madison, NJ 07940

Continental Breakfast and Light Lunch Provided

To Register contact Lindsay DeStefano at (732) 757-5941

Class size is limited 30 – Register Early!

Mental Health First Aid Teaches

Risk factors and warning signs of mental health concerns.

Information on depression, anxiety, trauma, psychosis, and substance use.

A 5-step action plan to help someone developing a mental health concern or in crisis.

Available evidence-based professional, peer, and self-help resources.

Mental Health First Aid reviews the unique risk factors. It emphasizes the importance of early intervention and covers how to help those in crisis or experiencing a mental health challenge.



MADISON ADDRESSING
LIANCE
ANCE SUBSTANCE
ABUSE



MADISON AREA YMCA



Public Health
Prevent. Promote. Protect.