



present

Mental Health First Aid

Wednesday, March 18 AND Monday, March 23

As the next step in our "Say Something..." series, the Wall Alliance, the Shore Community Alliance and the Churches of the Manasquan Area Ministerium are hosting an 8-hour workshop called "Mental Health First Aid." Together, we can learn the skills to identify, understand, and respond to signs of mental illnesses and substance use disorders

Mental Health First Aid is an in-person training that teaches you how to help people developing a mental illness or in a crisis.

Mental Health First Aid teaches you:



Signs of addictions and mental illnesses



5-step action plan to assess a situation and help



Impact of mental and substance use disorders



Local resources and where to turn for help

PRE-REGISTRATION IS REQUIRED • Visit www.FBCManasquan.org to register

- Date: Wednesday, March 18 AND Monday, March 23 (two 4-hour sessions)
Time: 5:30 - 9:30 pm. A light supper will be served at 5:00
Location: First Baptist Church * 51 South Street * Manasquan
Cost: Thanks to grants to the Mental Health Association in NJ, this program is FREE BUT since seating is limited - if you register, please make every effort to attend!

Visit www.mentalhealthfirstaid.org learn more about MHFA