



# Mental Health First Aid

## 8-hour Course

Date: Sunday March 15, 2020 and Sunday March 22, 2020  
Time: 1:00pm to 5:00 pm

Vantage Health System  
2 Park Avenue  
Dumont, NJ 07628

Registration Ends March 6, 2020

To register, please email the information below to [mpreis@vantagej.org](mailto:mpreis@vantagej.org). If you do not have access to email, call 201-385-4400 x 3012 or mail this completed form to:

Vantage Health System, Inc  
Attn: Maggie Preis  
2 Park Avenue  
Dumont, NJ 07628

Name \_\_\_\_\_

Phone number \_\_\_\_\_

Email address \_\_\_\_\_

Occupation \_\_\_\_\_

Brief Description of why you're enrolling in the course:



### *ALGEE, the Mental Health First Aid Action Plan*

- Assess for risk of suicide or harm*
- Listen nonjudgmentally*
- Give reassurance and information*
- Encourage appropriate professional help*
- Encourage self-help and other support strategies*

**Questions? Contact:** [mpreis@vantagej.org](mailto:mpreis@vantagej.org)

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.



MENTAL  
HEALTH  
FIRST AID

Sometimes, first aid isn't  
a **bandage**,  
or **CPR**,  
or the **Heimlich**,  
or calling **911**.

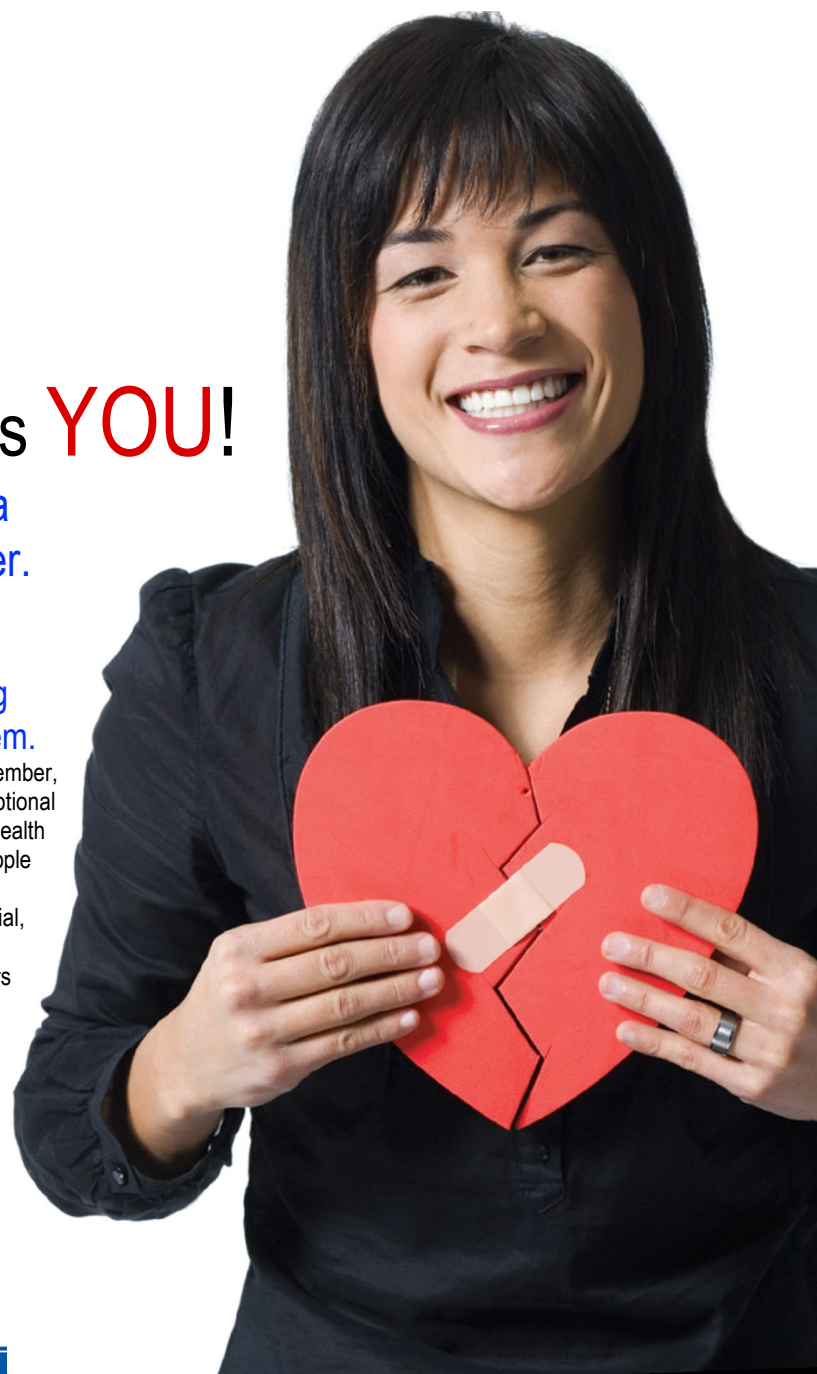
Sometimes, first aid is **YOU!**

In just 8 hours you can become a  
Certified Mental Health First Aider.

Someone you know could be experiencing  
a mental illness or crisis. You can help them.

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Sometimes, the best first aid is you.  
Take the course, save a life, strengthen  
your community.



This course brought to you by:



2 Park Avenue. Dumont NJ 07628

For more information on program details and costs contact:

Maggie Preis MHA, Certified Instructor  
201-385-4400 x3012  
Or email [mpreis@vantagenj.org](mailto:mpreis@vantagenj.org).