



Tools to Identify, Understand, Respond

The New Jersey Hospital Association provides Mental Health First Aid (MHFA) training to help small businesses, schools and service organizations support their employees, customers, partners, and communities. These focused, interactive trainings are designed to support individuals who are not healthcare professionals by giving them tools to identify, understand and respond to signs of mental health and substance use challenges among adults. Thanks to the generous support of the New Jersey Department of Human Services, this work is provided at no cost and available in the Newark, East Brunswick, and surrounding areas.

Scan Here to Register!



REASONS TO PARTICIPATE

- In the U.S., 130 people, on average, die by suicide every day.
- In the last decade, 841,000 people died from drug overdoses.
- One in five Americans live with mental illness.
- Each year, the cost of untreated mental health conditions reaches \$47.6 billion in lost productivity.
- Three out of four employees say they're concerned about mental health stigma in the workplace.
- Research shows that workplace mental health interventions, such as training, are associated with improved employee well-being and job performance and help create an environment where employees feel valued and supported in prioritizing their mental well-being.

MENTAL HEALTH FIRST AID COVERS

- The importance of mental health to the community
- Risk factors and protective factors
- Applying the MHFA Action Plan (ALGEE) in real-life scenarios
- National, regional and community mental health resources for adults.

AFTER THE COURSE, YOU'LL BE ABLE TO

- Recognize common signs and symptoms of mental health and substance use challenges
- Understand how to interact with a person in crisis
- Know how to connect a person with help
- Use self-care tools and techniques.



WHO SHOULD PARTICIPATE

Small businesses, schools, community programs, faith-based communities and the referral provider network that foster connections among employers, parents, and communities.

Contact MHFA@njha.com for registration and help.

Date _____

Time _____

Location *(In-person address or virtual location)* _____

To Register: _____

— Servicios disponibles en español

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— 提供普通话服务。