

# Youth Mental Health First Aid

## 8-hour Course

April 15 & April 22 from 5:30 – 9:30 pm

Jefferson Township Senior Center  
54 Schoolhouse Rd.  
Oak Ridge, NJ 07438

### REGISTRATION

To register, please email the information below to [itmac@jeffersontownship.net](mailto:itmac@jeffersontownship.net). If you do not have access to mail this completed form to:

JTCONNECT  
Attn: Kristine Wilsusen  
1033 Weldon Rd.  
Lake Hopatcong, NJ 07849

Name \_\_\_\_\_

Phone number, if any \_\_\_\_\_

E-mail address, if any \_\_\_\_\_

Occupation and employer name, if any \_\_\_\_\_

Brief description of why you're enrolling in the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)



**JEFFERSON TWP  
PROUD TO BE  
STIGMA-FREE**



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

- A**ssess for risk of suicide or harm
- L**isten nonjudgmentally
- G**ive reassurance and information
- E**ncourage appropriate professional help
- E**ncourage self-help and other support strategies



MENTAL  
HEALTH  
FIRST AID

# Youth Mental Health First Aid

## Join the movement.

Sometimes, first aid isn't  
a **bandage** or **CPR**.  
Sometimes, first aid is **YOU!**

A young person you know could be experiencing a mental health or substance use problem.

### Learn an action plan to help.

Anyone 18 or older can take Youth Mental Health First Aid, but it is recommended for those who regularly have contact with young people ages 12-18, teachers, coaches, social workers, faith leaders and other caring citizens.

Take a course. Save a life.  
Strengthen your community.



For more information, visit [www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)



Mental Health First Aid

5:30 pm - 9:30 pm on April 15<sup>th</sup> and 22<sup>nd</sup>

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Free of Charge

See back for registration and contact information.

This course brought to you by JTMAC and  
JTConnect