



Mental Health First Aid

8-hour Course

Sponsored by The Mental Health Association of Essex and Morris
and Saint Clare’s Behavioral Health

Instructors: Rosaelena Klingener and Carrie Parmelee of IFSS Morris and Sussex

Friday, April 10th and April 24th
9:00am-1:00pm
Sussex County Community College
Building E, Room 251

REGISTRATION: \$35

Please make check payable to the Mental Health Association of Essex and Morris or MHAEM

To register, please email/mail this completed form to address below.

Carrie Parmelee
IFSS/MHAEM
83 Spring Street Suite 302B
Newton, NJ 07860

or email cparmelee@mhaessexmorris.org

Questions? Call 973-579-4399 Ext 402

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)



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 cparmelee@mhaessexmorris.org or call 973-579-4399 ext. 402

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.

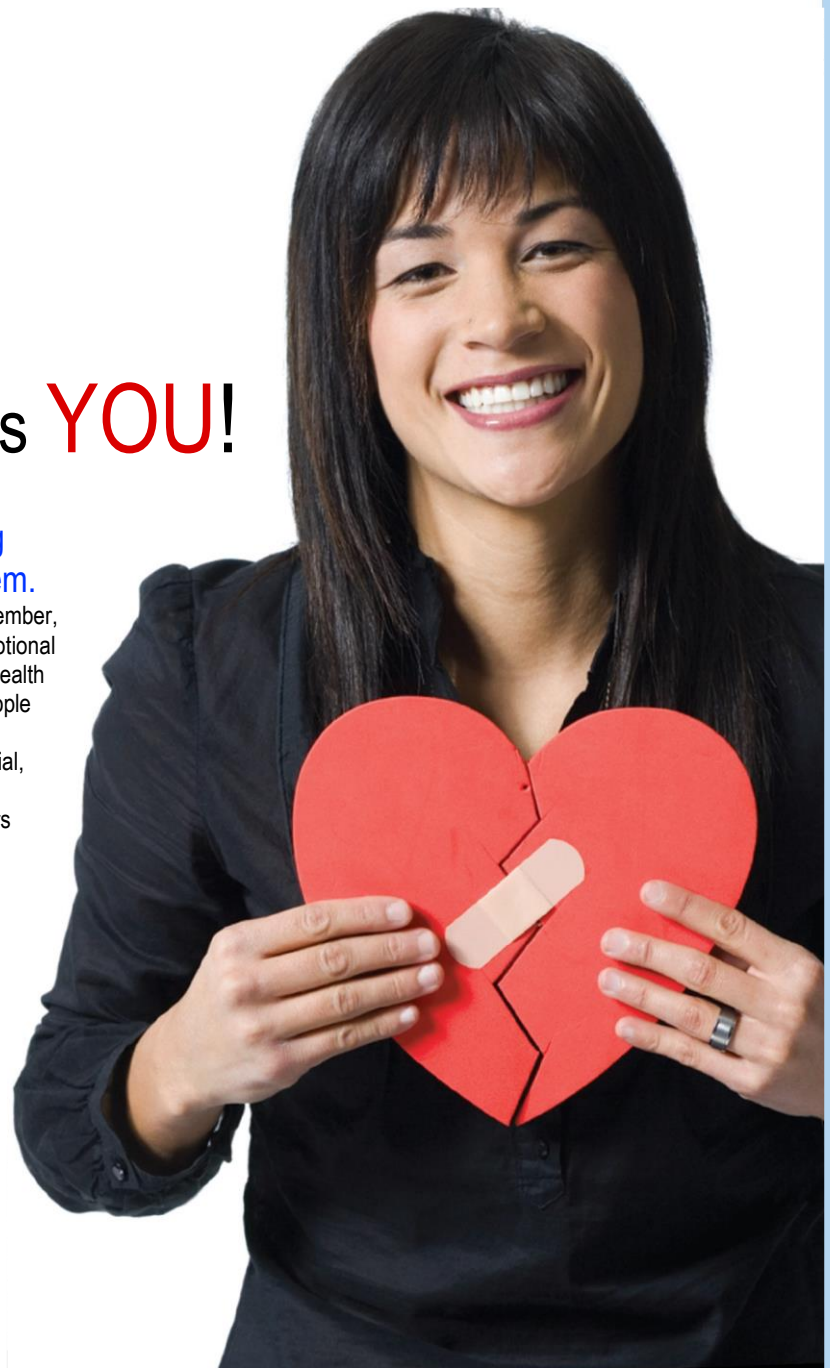
Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

Sometimes, first aid is **YOU!**

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.



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Sussex County Community College
E251

See back for registration and contact information.
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Health Association of Essex and Morris and
Saint Clare's Health/Behavioral Health Services