



Mental Health First Aid ADULT Module

8-hour Course

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

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

March 4th and 11th 9:00am-1:00pm

St Francis Residential Community
122 Diamond Spring Rd, Denville, NJ
Club Room

REGISTRATION: \$35 Please make check payable to Saint Clare’s Hospital.
Light refreshments will be provided. Please bring lunch if desired.
Registration and payment MUST be received by February 24th. NO REFUNDS.

To register, please send this completed form and payment to contact below.

Ro Klingener
Saint Clare’s Behavioral Health
50 Morris Ave
Denville, NJ 07834
rosaelenaklingener@primehealthcare.com

Questions? Call 973-625-7095 or email rosaelenaklingener@primehealthcare.com

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

- 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

Questions? Contact

**RosaElenaklingener@primehealthcare.com or call
973-625-7095**

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.

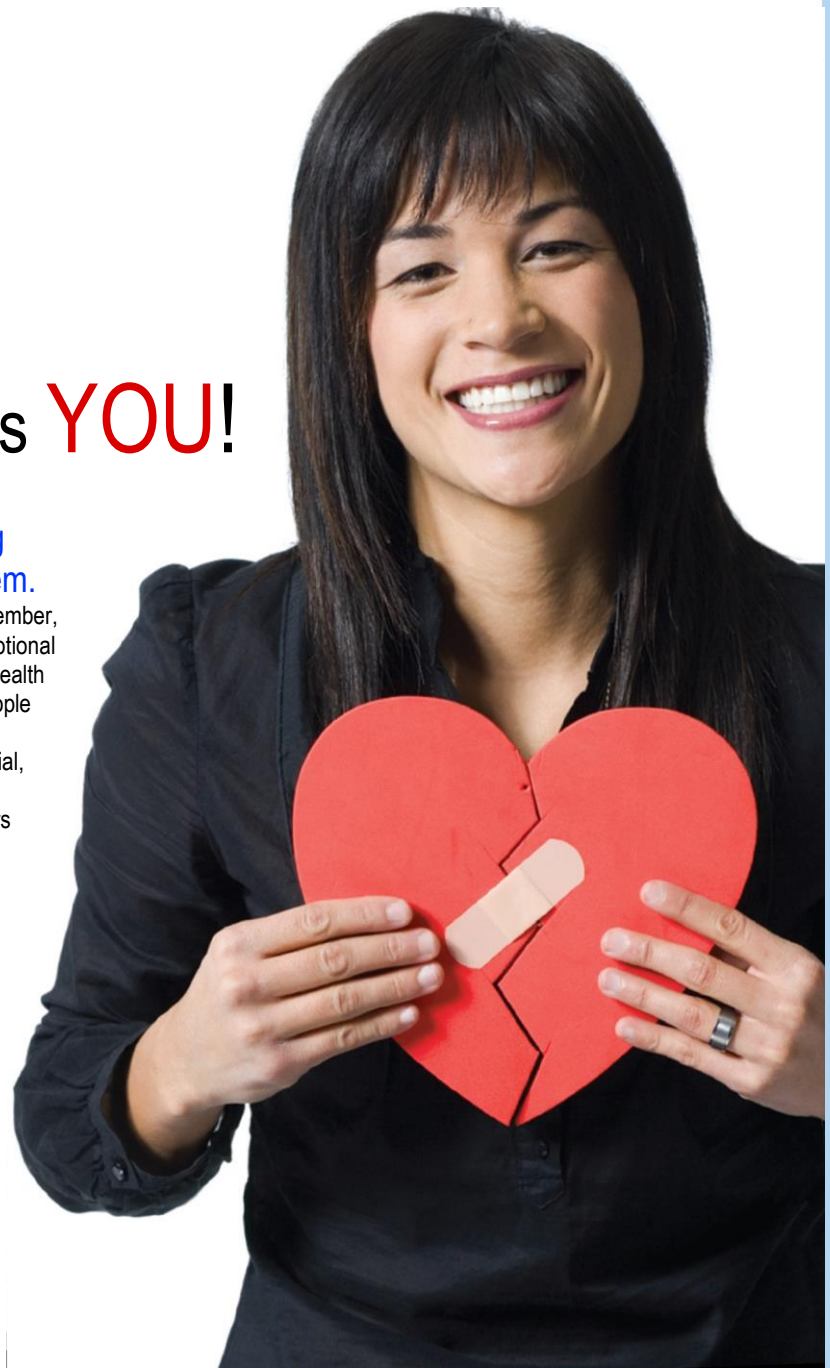
Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

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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See back for registration and contact information.
This course brought to you by Saint Clare's
Health –Behavioral Health Services and The
Mental Health Association of Essex and Morris