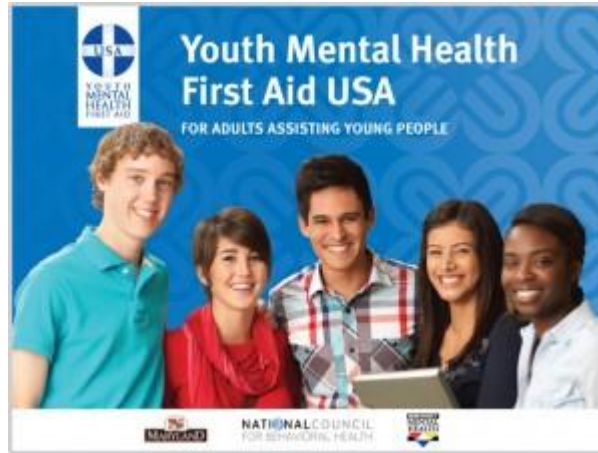


# The Presbytery of Newark presents:



*Similar to 'First Aid' and CPR, 'Mental Health First Aid' teaches individuals how to help those experiencing mental health challenges or crises*

- WHO:** All those who work or volunteer with youth in your congregation (or anyone interested in the wellbeing of youth in your congregation!)
- WHAT:** Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people (12-18). The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.
- WHEN:** Saturday, April 8<sup>th</sup>, 9am-5:30pm
- WHERE:** The First Presbyterian Church at Caldwell, 326 Bloomfield Ave. Caldwell, NJ 07006
- WHY:** Mental health challenges – such as depression, anxiety, psychosis and substance use – are shockingly common in the United States. In fact, more than one in five American adults will have a mental health problem in any given year. The National Council for Behavioral Health certifies individuals throughout the nation to provide Mental Health First Aid courses to prepare their communities with the knowledge and skills to help individuals who are developing a mental health problem or experiencing a mental health crisis.
- COST:** The cost for this training is \$80 (including lunch) OR \$40 for members of a Newark Presbytery Church.

## REGISTRATION

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Remove this section and send it in with a check (payable to the First Presbyterian Church at Caldwell) by Friday, March 24<sup>th</sup>. Space is limited – so sign up soon!  
(Please contact Jaime Staehle at 973-954-8404 with questions).

Name \_\_\_\_\_ Church Affiliation \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_