

The Ridgewood Health Department and Age Friendly Ridgewood are proud to present a national training program free of charge

Mental Health First Aid Training for Older Adults

A unique opportunity for residents and workers in the Ridgewood community to become **certified** in Mental Health First Aid as part of the county-wide Stigma-Free Initiative



“Mental Health First Aid is a public education program that can help individuals across the community to understand mental illnesses, support timely intervention, and save lives.”

What is Mental Health First Aid?

- Evidence-based interactive course
- Teaches the signs of mental illness and substance abuse
- Introduces a five-step action plan to respond to a mental health crisis
- Teaches how to initiate a referral to mental health resources

Thursday, November 1, 2018 • 8am to 4pm

**Village Hall Courtroom, 4th Floor
131 North Maple Avenue, Ridgewood, NJ 07450**

**Seats are limited to the first 30 registrants.
Lunch will be provided by Age Friendly Ridgewood**

To register email Margie Downs at mdowns@ridgewoodnj.net. Provide your name, email address, telephone number, and organization affiliation. RSVP by October 26, 2018.

Why is Mental Health First Aid important?

- Just like CPR, it is a vital skill that improves the well-being of our community
- Helps to eliminate the stigma that is associated with mental illness and substance abuse
- Promotes recovery and resiliency
- The course is designed for adults who regularly interact with older people (caretakers, nursing staff, etc.).
- The Mental Health First Aid USA for Older Adults curriculum is primarily focused on information participants can use to help adults ages 65 and over.



**VILLAGE of RIDGEWOOD
PROUD TO BE
STIGMA-FREE**

