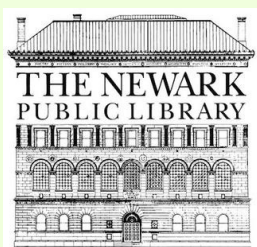




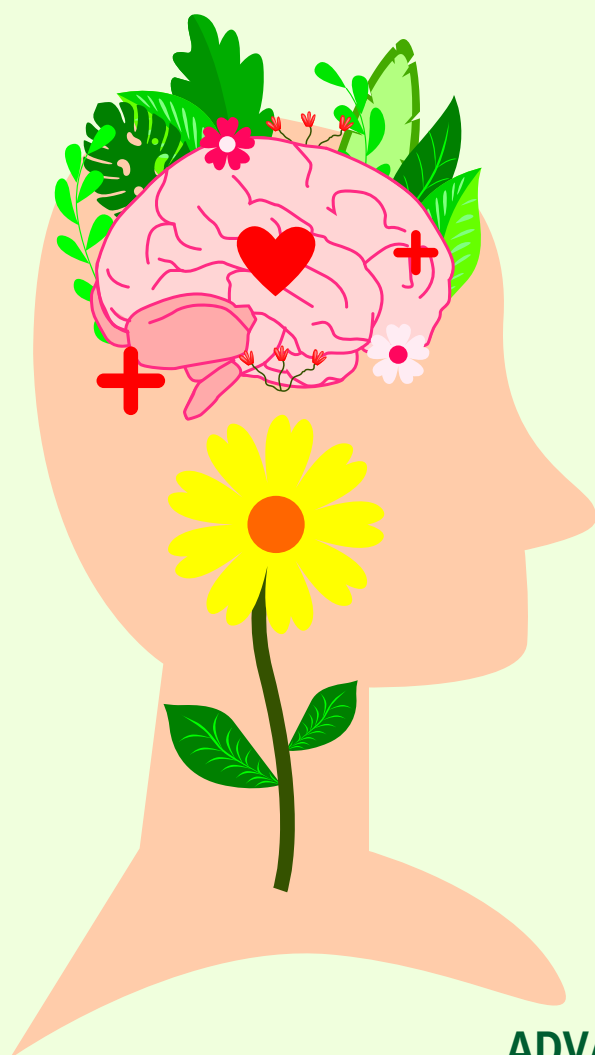
# MENTAL HEALTH FIRST AID TRAINING



THURSDAY, JUNE 13

10 AM -- 3PM

NEWARK PUBLIC LIBRARY, 5 WASHINGTON ST.  
4TH FLOOR AUDITORIUM



PARTICIPANTS WILL LEARN HOW TO:

- RECOGNIZE COMMON SIGNS AND SYMPTOMS OF MENTAL HEALTH AND SUBSTANCE USE CHALLENGES
- INTERACT WITH A PERSON IN CRISIS
- CONNECT A PERSON WITH HELP
- USE SELF-CARE TOOLS AND TECHNIQUES.

YOU MUST REGISTER IN  
ADVANCE FOR THIS TRAINING.

SCAN HERE:

