

# MENTAL HEALTH FIRST AID OVERVIEW



MENTAL  
HEALTH  
FIRST AID

WITH CARRIE PARMELEE

**OCTOBER 18, 2018**

**11 AM - 12 PM**

Family Partners Community Center  
67 Spring Street, Newton, NJ 07860

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## Assessing the Risk of Suicide in someone you care for:

- Signs and Symptoms
- Risk Factors
- Talking about suicide

## If your loved one is at risk:

- What are the resources and options
- How to use a crisis professional
- What to expect when using psychiatric emergency services

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For more information, call 973-940-3194 or  
email [jwisneski@familypartnersms.org](mailto:jwisneski@familypartnersms.org)

