

# FREE MENTAL HEALTH FIRST AID TRAINING

**Monday, April 28, 2025**

**8:30 am - 4:00 pm**

**Village Hall - Anne Zusy Youth Lounge**

**131 N. Maple Ave., Ridgewood**



**Mental Health  
FIRST AID**

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

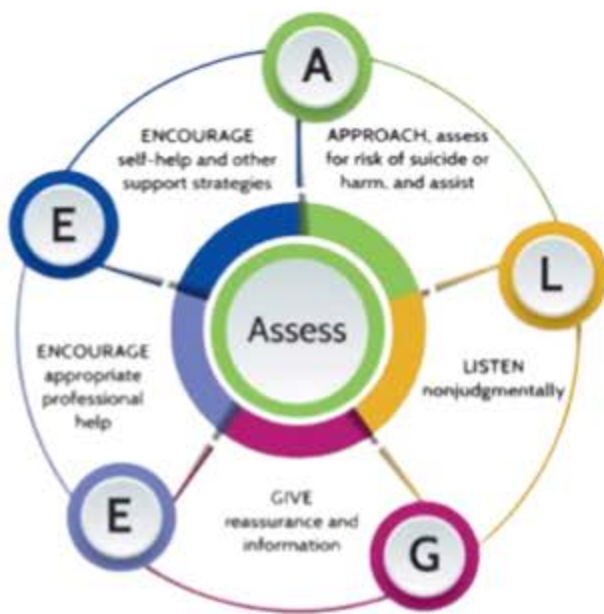
**\*Must be 18 or older to register. Space is limited to 30 adults\***

**To register, call 201-670-5500, ext. 2312**

**or email [dcaputo@ridgewoodnj.net](mailto:dcaputo@ridgewoodnj.net)**

## Who Can Benefit from Mental Health First Aid Training?

- Parents/Guardians
- Educators
- Healthcare Workers
- Employers
- Police Officers
- First Responders
- Caring Individuals



**Mental Health First Aid is an 8-hour course that will teach you how to identify, understand and respond to signs of mental health and substance abuse challenges among adults and youth. You'll build the skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to connect them to appropriate support.**

