



# Mental Health First Aid

## 8-hour Course

Sponsored by The Mental Health Association of Essex and Morris  
and Saint Clare's Behavioral Health

Instructors: Rosaelena Klingener and Carrie Parmelee of IFSS Morris and Sussex

**April 10th and April 17th 5:00-9:00PM**

**Project Self Sufficiency**

**Community Education Building #3**

**127 Mill St. Newton, NJ 07860**

**REGISTRATION: \$25 Light Dinner Included.**

Please make check payable to the Mental Health Association of Essex and Morris or MHAEM

To register, please email/mail this completed form to address below.

Carrie Parmelee  
IFSS/MHAEM  
83 Spring Street Suite 302B  
Newton, NJ 07860

or email [cparmelee@mhaessexmorris.org](mailto:cparmelee@mhaessexmorris.org)

Questions? Call 973-579-4399 Ext 606

Name \_\_\_\_\_

Phone number, if any \_\_\_\_\_

E-mail address, if any \_\_\_\_\_

Occupation and employer name, if any \_\_\_\_\_

**Brief description of why you're enrolling in the course:** (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)

\_\_\_\_\_  
\_\_\_\_\_



### *ALGEE, the Mental Health First Aid Action Plan*

- Assess for risk of suicide or harm*
- Listen nonjudgmentally*
- Give reassurance and information*
- Encourage appropriate professional help*
- Encourage self-help and other support strategies*

**Questions? Contact [cparmelee@mhaessexmorris.org](mailto:cparmelee@mhaessexmorris.org) or call 973-579-4399 ext 606**

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

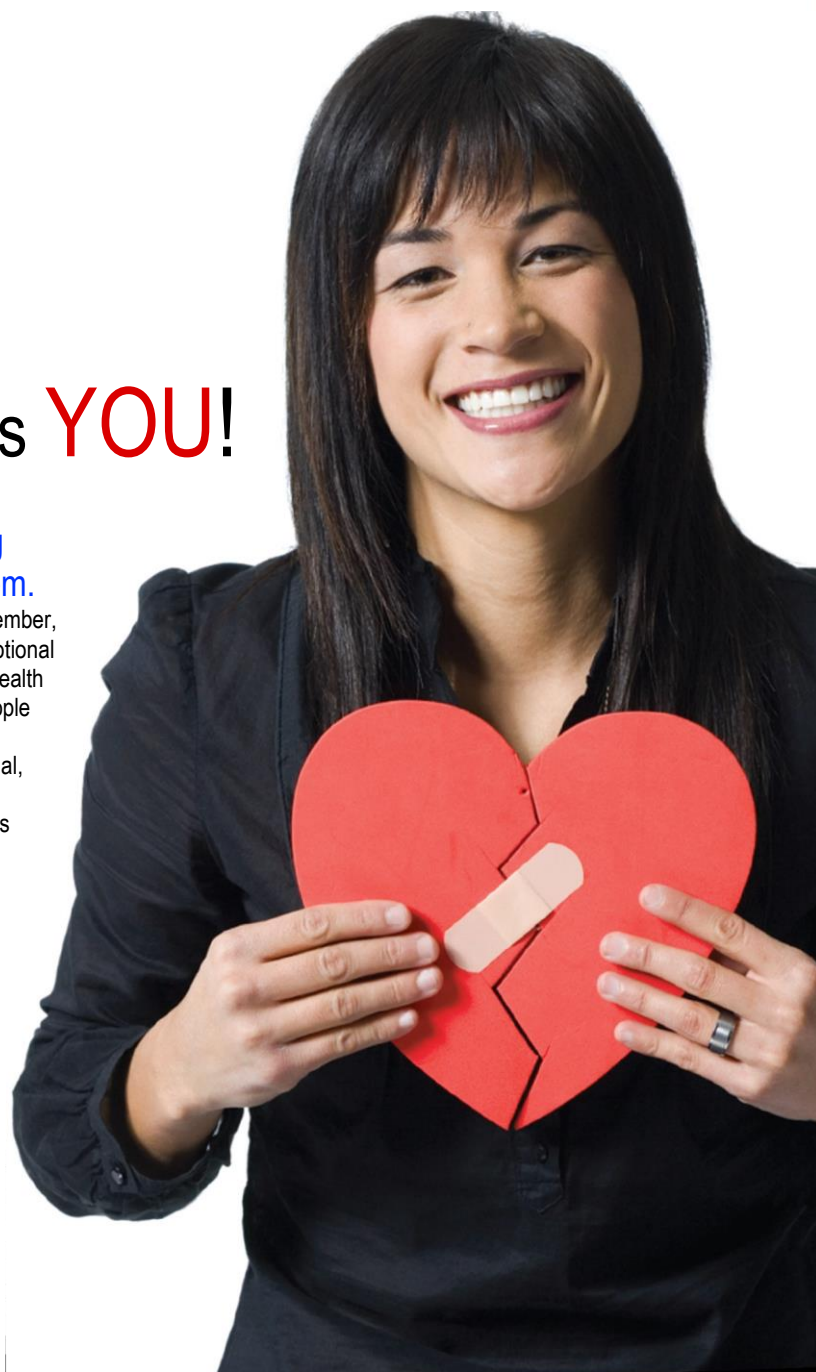
Sometimes, first aid isn't  
a **bandage**,  
or **CPR**,  
or the **Heimlich**,  
or calling **911**.

Sometimes, first aid is **YOU!**

Someone you know could be experiencing  
a mental illness or crisis. You can help them.

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Sometimes, the best first aid is you.  
Take the course, save a life, strengthen  
your community.



*ALGEE, the Mental Health First Aid Action Plan*

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**April 10<sup>th</sup> and 17<sup>th</sup>, 2018**  
**5:00-9:00PM**  
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**Community Education Building #3**  
**127 Mill St. Newton, NJ 07860**

See back for registration and contact information.  
This course brought to you by Saint Clare's  
Health –Behavioral Health Services and The  
Mental Health Association of Essex and Morris



**Saint Clare's**  
**Behavioral Health**

