

Mental Health First Aid

Get certified for FREE at Centenary!

The Counseling Center is excited to offer certification in Mental Health First Aid to the community.

Take advantage of this opportunity to learn how to help others in mental health crisis. **Build concrete skills and confidence in challenging situations.**

8/20 AND 8/29

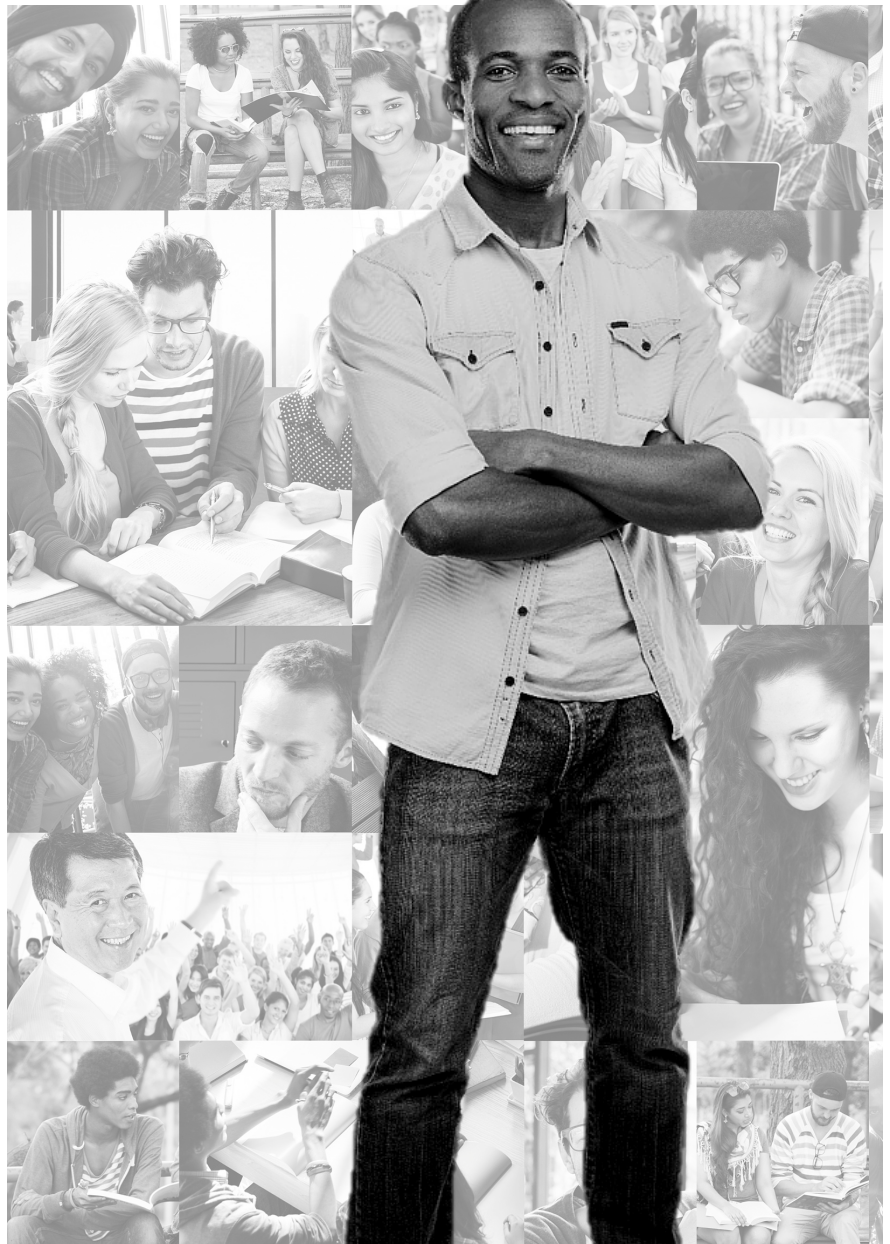
-Must attend both session to get certified-

1pm-5pm

Centenary University

Ferry Building, Room 21

To register contact Kaya Nynka:
Nynkam@centenaryuniversity.edu
908-852-1400 x2128



A person you know could be experiencing a mental health or substance use problem. **Learn an action plan to help.**

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help a friend, family member, coworker or neighbor in need. Get trained in Mental Health First Aid.

Take a course. Save a life.

Sponsored by the Community Advisory Board at Hackettstown Medical Center

For more information, visit
www.MentalHealthFirstAid.org