



FREE IN PERSON ADULT MENTAL HEALTH FIRST AID COURSE

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in adults ages 18 and older. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem, and help connect them to the appropriate care as well as a 5-step action plan for how to help people in both crisis and non-crisis situations.

This course is intended for adults 18 + years old.

March 25th, 2026

9 am - 4 pm

To Register:



<https://forms.gle/1nhMZ7tSj7mklZuD9>

Registration closes on March 16th, 2026.

**Training will be held in North Brunswick Municipal Building
710 Hermann Rd, North Brunswick Township, NJ 08902**



FOR MORE INFORMATION
PLEASE CONTACT
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