

# MENTAL HEALTH FIRST AID CLASSES SPRING 2026

## AT A GLANCE

Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental health and substance use challenges amongst adult or 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.

## JOIN US FOR YOUTH CLASSES:

FRIDAY, APRIL 24TH  
THURSDAY, MAY 21ST  
FRIDAY, JUNE 26TH

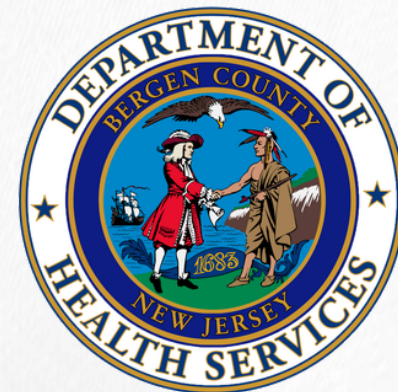
## JOIN US FOR ADULT CLASSES:

THURSDAY, APRIL 9TH  
THURSDAY, MAY 28TH  
WEDNESDAY, JUNE 10TH



**Mental Health**  
**FIRST AID**

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING



## WHO CAN BENEFIT FROM MENTAL HEALTH FIRST AID?

- EMPLOYERS
- POLICE OFFICERS
- HEALTHCARE WORKERS
- PARENTS
- EDUCATORS
- FIRST RESPONDERS
- CARING INDIVIDUALS

## LOCATION:

Classes are held from **8:30am - 4:00pm** on the 4th Floor Learning Center at **One Bergen County Plaza in Hackensack, NJ 07601**

## TO REGISTER:

Please contact:  
**[healthtraining@bergencountynj.gov](mailto:healthtraining@bergencountynj.gov)**  
201-634-2750

