



### Specifics:

- No cost to participants
- Training locations in Ocean/Monmouth Counties
- Training provided on a monthly basis throughout 2019
- 10 student minimum
- Class may be scheduled as one 8-hour or two 4-hour sessions

### **Mental Health First Aid Training provided by...**



### **In collaboration with...**



### **Thanks to funding from...**



### CONTACT INFORMATION:

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## **Mental Health Awareness Training (MHAT)**

Program to train law enforcement, emergency first responders, veterans, military members and their families.

MHAT provides participants with tools to help recognize and respond to mental health and substance use problems or crisis.

The trainings address the increased prevalence of mental illness and substance use disorders among first responders due to stress and exposure to trauma.

### **Training helps participants to:**

- Recognize signs/symptoms of mental health stress in fellow first responders
- Employ crisis de-escalation techniques
- Establish links to schools/community-based mental health agencies
- Refer individuals who show signs/symptoms of mental illness to appropriate services
- Be aware of mental health resources available in your community

### **To Register:**

[www.cognitofrms.com/PBHG1/MentalHealthFirstAid](http://www.cognitofrms.com/PBHG1/MentalHealthFirstAid)