

MENTAL HEALTH FIRST AID CLASSES SUMMER 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, JULY 24TH

THURSDAY, AUGUST 13TH

WEDNESDAY, SEPTEMBER 30TH

JOIN US FOR ADULT CLASSES:

WEDNESDAY, JULY 8TH

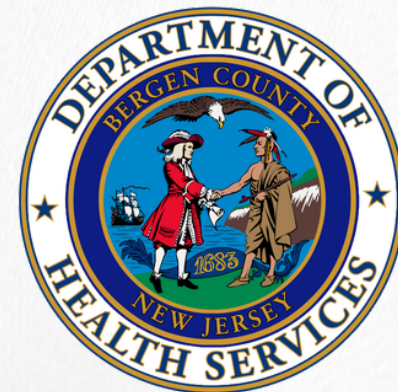
WEDNESDAY, AUGUST 5TH

WEDNESDAY, SEPTEMBER 9TH



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
201-634-2750

