

ABOUT US

The Mental Health Association of Monmouth County (MHAMC), an affiliate of Mental Health America, is dedicated to promoting mental health and wellness, preventing mental

OUR IMPACT

Statewide advocacy for Suicide Prevention across the life cycle * Trauma focused counseling to adults, children, and families * Treating the whole person through the integration of mental and general health care



THE MENTAL HEALTH ASSOCIATION OF MONMOUTH COUNTY



Contact us for information.

illness, and improving the care and treatment of persons affected by mental illness. Our mission is accomplished through MHAMC's strength based innovative programs, education, advocacy, community partnerships, and shaping public policy. Our advocacy efforts include identifying the gaps in the mental health system of care and working to fill those gaps through collaborative efforts.



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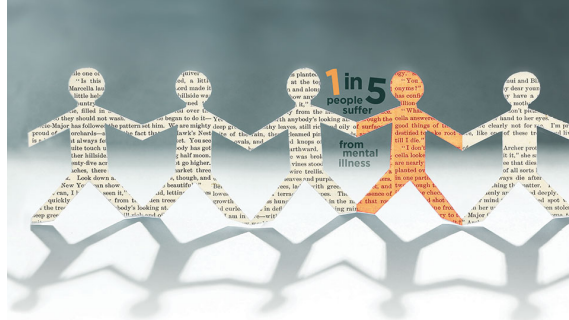
**Mental Health Association
of Monmouth County**

An Affiliate of



ABOUT MHFA

Mental Health First Aid (MHFA) is an 8 hour course that gives people the skills to help someone who is developing a mental health (or addiction) problem or experiencing a mental health crisis.



TOPICS COVERED

- Depression and mood disorder
- Anxiety disorders
- Adjustment disorders
- Trauma
- Psychosis
- Substance use disorders



Just as CPR training helps a person with no clinical training assist an individual following a heart attack, Mental Health First Aid training helps a person assist someone experiencing a mental health crisis.



Helping People...

Help People

The goal of Mental Health First Aid is to help support an individual until appropriate professional help arrives.

Participants are also introduced to risk factors and warning signs for mental health or substance use problems, engage in experiential activities that build understanding of the impact of illness on individuals and families, and learn about evidence-supported treatment and self-help strategies.

Building Mental Literacy

The evidence behind the program demonstrates that it does build mental literacy, helping the public identify, understand, and respond to signs of mental illness.

"We all have a role to play and an interest in the well-being of each of our neighbors."

Who can be trained:

- First Responders
- Faith-based organizations
- Schools
- Civic Centers
- Local governments/municipalities
- Corporations/local businesses
- Not for Profits
- Health and Wellness organizations

To register your organization for the MHFA 8 hour course call MHAMC at 732.542.6422