



# Adult Mental Health First Aid Training

Mental Health First Aid is a skills-based training that **teaches** you **how to identify the signs** of a **mental health** or **substance use challenge** and provides **strategies to help** someone in crisis and noncrisis situations. This training will **prepare you** to support someone experiencing mental health challenges.

## Why Take This Course?

- Mental health conditions are the *most common* complication during pregnancy and up to one year after childbirth, affecting 1 in 5 women
- Early recognition of symptoms is crucial to provide timely support and prevent severe consequences

## In This Course You Will:

- Learn how to recognize common signs and symptoms of mental health and substance use challenges
- Understand how to interact with a person in crisis
- Identify professional resources to refer someone for help
- Learn self-care tools and techniques

*(Maternal Mental Health Leadership Alliance)*

## WHAT IT COVERS

- **Common mental health conditions such as:**
  - Anxiety
  - Depression
  - Psychosis
  - Substance Use Disorders
- **Opportunity to practice learned skills via:**
  - Role-playing
  - Maternity-specific scenarios
  - Activities to simulate real-life interventions



**Mental Health  
FIRST AID**

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

Join us for this free **virtual training** on  
**Thursday, April 17 from 9 am - 4 pm.**

*This training is for community health workers serving pregnant people in **Essex, Morris, or Union County**.  
This training is provided at no cost with generous support from [The Healthcare Foundation of New Jersey](#).*

To **register**: send your name, county, email, and phone number to  
**Armonie Pierre-Jacques** at [apierrejacques@njhcqi.org](mailto:apierrejacques@njhcqi.org) by **March 27, 2025**.

*Participants are required to complete 2 hours of online prework prior to the start of the class.*



NEW JERSEY  
HEALTH CARE  
**QUALITY  
INSTITUTE**



**Mental Health  
Association in  
New Jersey, Inc.**