



Mental Health First Aid Training



Human Resource Directors, CFOs, Plan Administrators and business owners all need to be concerned about the mental health of their employees as well as their physical health and safety. This includes being able to recognize warning signs and understanding the risk factors, learning how to read the signs that can be of concern and being prepared to know where to get help. This is not a diagnostic tool! It is, rather, an opportunity to become more sensitive about and more aware of some of the more common symptoms requiring help. It is really a program that enables neighbors to be better trained to help their neighbors.

The Mental Health Association of Morris County is launching a major initiative to bring Mental Health First Aid Training to individuals in the community including Morris, Somerset, Sussex, Passaic and Union counties. Funding for the program was provided through grants from Atlantic Health System and from Saint Clare's Health System.

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an evidence-based public-education curriculum that teaches a five step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

MHFA originated in 2001 in Australia and was brought to the US in 2008 by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

“The community training is designed to change the way people think about mental illness and to give people strategies for intervening early enough in the lives of distressed people to prevent crises,” said Lou Schwarcz, President and CEO, MHAMC. “This project brings together community leaders from a wide range of health and human service agencies to help make MHFA training as common as CPR in the five counties targeted for this grant.”

About the MHAMC

Founded in 1953, the MHAMC is a non-profit organization that works to promote mental health awareness, and to support and empower people in recovery from mental illness through effective services, education, and advocacy. Current services include information and referral, homeless outreach, supportive housing, case management, consumer empowerment, and disaster response.

If you would like more information about MHFA Training, please contact Tracy Cappicille at 973-334-3496, ext.112

