

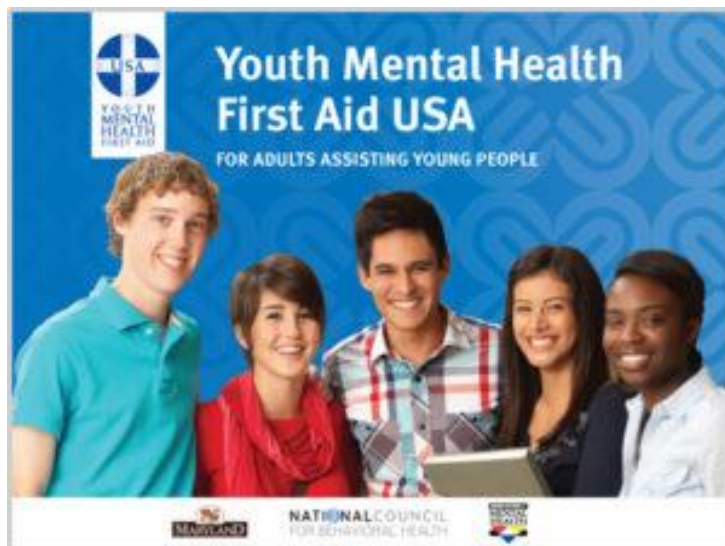
# Mental Health First Aid (MHFA) Training

**Tuesday, February 27<sup>th</sup>,**  
10:00am - 5:45pm

## Youth MHFA

This course covers common mental health challenges for youth as they go through adolescence. Participants will learn a five-step action plan for how to help young people in both crisis and non-crisis situations. The course will show you how to help an adolescent

experiencing Anxiety, Depression, Substance Abuse, Psychosis and/or Disruptive Behavior Disorders. This course is designed for adults who regularly interact with adolescents (ages 12 to 18), including: Parents and other family Caregivers; Teachers and School Staff; Neighbors; Health and Human Services Worker.



## **Dekalb Library – Auditorium**

Mental Health First Aid (MHFA) is a groundbreaking public education program which introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments. MHFA is an 8-hour certification course, which uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect persons to professional, peer, social, and self-help care. The program also teaches about the risk factors and warning signs of specific illnesses like anxiety, schizophrenia, bipolar disorder, eating disorders, and addictions. Please visit [http://bpl\\_dekalb.timetap.com](http://bpl_dekalb.timetap.com) to sign up

*As part of the City's Thrive NYC initiative, the NYC Department of Health is offering free MHFA training to all New Yorkers. MHFA is a groundbreaking public education program that teaches the skills needed to identify, understand, and respond to signs of mental health and substance abuse challenges and crises.*



**DeKalb Library**  
790 Bushwick Avenue  
Brooklyn, NY 11221  
[www.bklynlibrary.org/locations/dekalb](http://www.bklynlibrary.org/locations/dekalb)

# Thrive

# NYC

A Roadmap for  
Mental Health  
for All

## YOUTH MENTAL HEALTH FIRST AID

Free Certification Class

February 27, 2018 10am - 5:45pm

DeKalb Library, 790 Bushwick Avenue, Auditorium

Register online at [http://bpl\\_dekalb.timetap.com](http://bpl_dekalb.timetap.com)



Mental Health First Aid is a **FREE 8 hour** course that will help you:

- Identify signs and symptoms of anxiety, depression, and other mental illnesses
- Learn how to respond if you see these signs in youth, friends, and loved ones
- Connect persons to appropriate professional, peer, social, and self-help care

All participants receive a 3-year certification in Mental Health First Aid!

For more information, or to sign up for other MHFA courses around the city, please visit: [mhfa.cityofnewyork.us](http://mhfa.cityofnewyork.us) or visit for the library training calendar.

Cosponsored by BMCI and BPL DeKalb Branch.

**BMCI**

Bushwick Community Partnership Program

**Bklyn**  
Public Library

DeKalb Library  
790 Bushwick Avenue  
Brooklyn, NY 11221  
[bklynlibrary.org](http://bklynlibrary.org)