

Free Mental Health First Aid Training & National Certification



Mental Health
FIRST AID®

from NATIONAL COUNCIL FOR
MENTAL WELLBEING®

Adult Mental Health First Aid: Somerset County!

Mental Health First Aid is an international education program proven to be effective in teaching you how to recognize and respond to signs and symptoms of mental health and substance use challenges in adults. Join us in empowering yourself to make a difference in your community – become a Mental Health First Aider today!

June 11th

Time: 9:00 AM - 4:00 PM

Where: Virtual

Cost: At no cost to you!

Made Possible by:



Empower Somerset is a community-based nonprofit organization dedicated to equipping individuals with the tools to navigate life's challenges in a proactive and healthy way.



Scan Code To Register

Only 20 spots available - don't miss out!

Have Questions?

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