

Free Adult Mental Health First Aid Training & National Certification!



Mental Health
FIRST AID®

from NATIONAL COUNCIL FOR
MENTAL WELLBEING®

Attention Somerset & Hunterdon County Community!

Adult Mental Health First Aid is designed to teach adults how to recognize and respond to signs of mental health or substance use challenges in other adults (age 18+). The course helps participants understand common mental health conditions, review risk factors and warning signs, and learn a 5-step action plan to support someone who may be experiencing a mental health challenge or crisis. Participants gain the skills and confidence to provide initial help and connect individuals to appropriate professional, peer, social, and self-help resources.

Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

May 19, 2026

Time: 9:00 AM - 4:00 PM

Where: Virtual

Cost: At no cost to you!

Open to community workers and community members

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

30 Spots available - don't miss out!

Have Questions?

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