



# BERGEN COUNTY MENTAL HEALTH AND ADDICTION TRAININGS

## MENTAL HEALTH FIRST AID

Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among adults or youth.



Mental Health  
FIRST AID

## NARCAN (NALOXONE) TRAINING

Learn how to recognize the signs of an opioid overdose and administer the opioid overdose reversal drug Naloxone (NARCAN).



## SUICIDE PREVENTION

We offer several types of suicide prevention trainings, feel free to reach out to our Division to see what works best for your need.



IT'S REAL:  
TEENS AND MENTAL HEALTH

## OTHER SPECIALIZED TRAININGS

Other various trainings are available upon request, feel free to reach out to our Division to see what else we offer.

**BERGEN COUNTY  
PROUD TO BE  
STIGMA-FREE**



TRAININGS ARE OPEN TO THE PUBLIC TO INCREASE COMMUNITY AWARENESS OF MENTAL ILLNESS, SUICIDE PREVENTION AND ADDICTION AT NO COST.

Bergen County Division of Mental Health and Addiction Services

[healthtraining@bergencountynj.gov](mailto:healthtraining@bergencountynj.gov)

201-634-2750