

# MENTAL HEALTH IS EVERYONE'S BUSINESS

## An Introduction to Mental Health First Aid

*Temple Anshei Shalom*



### Goal:

Learn how to recognize and help an individual who may be experiencing a mental health or substance use challenge.

### Learning Objectives:

- To recognize changes, signs and symptoms in behavior
- To learn how to safely approach someone in need

### Course Agenda:

- Define mental health, mental illness and recovery
- Mental health education in the community
- Mental Health First Aid introduction
- How to approach someone in need
- Impact of mental health challenges
- Suicide and non-suicidal self- injury (NSSI)
- Recovery
- Self-Care

**Join us for a free interactive presentation!**

**Open to all temple members & non-members**

**Date: Wednesday, July 19, 2023**

**Time: 1:00PM-3:00PM**

**Location: Temple Anshei Shalom  
7099 West Atlantic Ave  
Delray Beach, FL 33446**

**RSVP by: Friday, July 14, 2023  
Temple Office: 561-495-1300 ext. 1**

### Attendee Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_



**Facilitated by:  
Cindy Wides**

**Director of Mental Health First Aid at the Alpert JFS**

**And**

**Ellie Hart, Mental Health First Aid Instructor at the Alpert JFS**

