

FREE CERTIFICATION!!!

Adult Mental Health First Aid Certification

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

Location: Belmont Library

Date: Friday, May 31st

Time: 10:15 am -5:45pm



Registration Link:

<https://belmontlibrary.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



New York
Public
Library

Belmont Library and Enrico Fermi Cultural Center
610 E. 186th Street, Bronx, NY 10458
718-933-6410

 Fully Accessible

Connect with us:  

nypl.org/events