



HEALTH MATTERS



Monthly Newsletter from the Bernards Township Health Department

Celebrate Mental Health Awareness Month

Become Mental Health First Aid Certified!



YOUTH Mental Health First Aid

For adults working with youth 12 -18

Thurs, May 11

9:00 am - 3:00 pm

9 Church St, Bernardsville, NJ

[REGISTER FOR FREE](#)

ADULT Mental Health First Aid

For adults who work with other adults 18+

Thurs, May 18

9:00 am - 4:30 pm

Bernards Twp Library

32 S Maple Ave, Basking Ridge, NJ

[REGISTER FOR FREE](#)

THIS MONTH IN HEALTH MATTERS

Adult Mental Health First Aid

Youth Mental Health First Aid

Twilight Challenge 5K Race

A Homeowner's Guide to Septic Systems

Lyme Disease Awareness Month

Up for Adoption: Meet Ray!

BTHD Animal Control Patch Fundraiser

Upcoming BTHD Programs

Local COVID-19 Updates

ABOUT US

The Bernards Township Health Department is the contractual health agency serving Bernards Township, Bernardsville Borough, Chester Borough, Long Hill Township, Mendham Borough and Peapack & Gladstone Borough.

STAY CONNECTED

To sign up or make any changes to receiving Bernards Township updates, log in at smart911.com. For support with the Smart911 system such as a forgotten username or password, visit the [Smart911 support page](#).



33rd Annual Twilight Challenge 5K

Help Prevent Substance Misuse in Bernards Township
Sunday, June 4, 2023



Registration is Open!

[Register Online](#) [Paper Registration](#)

[Click here for upcoming Health Department Programs](#)

May Is 
Lyme Disease
Awareness
Month

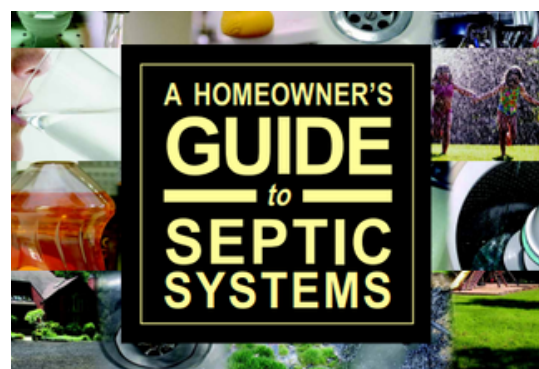


lymedisease.org
ADVOCACY, EDUCATION & RESEARCH

Click to learn more about Lyme Disease basics and visit www.lymedisease.org for more information



Local COVID-19 Updates
[Click here to read](#)



Animal Control Patch Fundraiser

Buy a patch to support Bernards Township Animal Control. [Learn more here](#)



Follow the BTHD on Facebook

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