



MENTAL  
HEALTH  
FIRST AID



[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)

# Mental Health First Aid Training

## What is Mental Health First Aid?

You may know CPR and the Heimlich Maneuver. You can call 911. But can you administer First Aid in a mental health crisis?

Mental Health First Aid is the initial help given to a person showing signs or symptoms of mental illness or in a mental health crisis. Mental Health First Aid is provided until appropriate professional or other help can be engaged.

## What will you learn?

- How to support an individual experiencing a mental health crisis until appropriate professional help is available.
- The prevalence of mental illness in the U.S. and the emotional and economic cost.
- The potential warning signs and risk factors for depression, anxiety disorders, trauma, psychotic disorders, eating disorders and substance use disorders.
- A 5-step action plan to help an individual in crisis connect to appropriate professional care.
- Resources available to help someone with a mental health concern.

## REGISTER TODAY!

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### Continuing Education Credit

Applications for Social Work, Nursing and Foster Parent Continuing Education will be submitted.

## When can I get trained?

There are three Mental Health First Aid trainings scheduled for Summer 2012 in **Iowa City** hosted by Community Circle of Care. Trainings will be held at the Center for Disabilities and Development, 100 Hawkins Drive, Iowa City, IA in the Rembolt Conference Room. Space is limited to 30 participants at each training. Early registration is highly encouraged.

June 12 and 13th  
9am-4pm

July 17th and 18th  
9am-4pm

August 13th and 14th  
9am-4pm

\*Must attend both days to receive your MHFA certification.

**Cost:** \$60 per participant. Please make checks payable to THE UNIVERSITY OF IOWA and mail checks to Community Circle of Care, 799 Main Street, Nesler Centre Suite 250, Dubuque, IA 52001.

