MENTAL HEALTH FIRST AID CLASS

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack.

Anyone can take the Mental Health First Aid course – from professionals to caring community members.

Sometimes, first aid isn’t a bandage, or CPR, or the Heimlich, or calling 911.

Sometimes, first aid is YOU!

Someone you know could be experiencing a mental illness or crisis. You can help them.

Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take Mental Health First Aid including primary care professionals, nurses, educators, nurse educators, social workers, state policymakers, volunteers, families, and the general public.

Sometimes, the best first aid is you.
Take the course, save a life, strengthen your community.

October 29&30, 2018 Training
Manchester Iowa, Days Inn Conference Room
Monday, Oct 29 & Tuesday, Oct 30; 11:00am-4:00pm – CEUs available!
Attendance at all classes are required to be certified and earn CEUs
Instructor: Peggy Loveless, Ph.D., Mental Health Education Specialists
PRE-ENROLLMENT IS REQUIRED!!!
Contact: Peggy Loveless: mhedspecialists@gmail.com; Phone: 319.530.9847

NO COST TO PARTICIPANTS – SPONSORED BY
Mental Health/Disabilities Services of the East Central Region

ALGEE, the Mental Health First Aid Action Plan
Assess for risk of suicide or harm
Listen nonjudgmentally
Give reassurance and information
Encourage appropriate professional help
Encourage self-help and other support strategies

FULL ATTENDANCE AT BOTH CLASSES IS MANDATORY TO EARN A CERTIFICATE OR CEUs.
CEUs/CEHs: Approved for nurses 0.89 CEUs through Kirkwood Community College, IBN Provider #30. Social workers will receive a certificate of completion for 8.9 contact hours. Other allied health professionals are advised to consult the governing rules of their boards to determine if appropriate subject matter criteria will apply. A course evaluation will be available upon program completion.