



**MENTAL  
HEALTH  
FIRST AID**

# Mental Health First Aid 8-hour Course

***Similar to 'First Aid' and CPR, 'Mental Health First Aid' helps those experiencing mental health problems before they can get professional help and support***

Mental Health First Aid is an 8-hour training course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis.

The evidence behind Mental Health First Aid demonstrates that it makes people feel more comfortable managing a crisis situation and builds mental health literacy — helping the public identify, understand and respond to signs of mental illness. Specifically, studies found that those who trained in Mental Health First Aid have greater confidence in providing help to others, greater likelihood of advising people to seek professional help, improved concordance with health professionals about treatments, and decreased stigmatizing attitudes.

## **OBJECTIVES:**

- Knowledge of the potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, eating disorders, substance use disorders and self-injury.
- A 5-step action plan encompassing the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care.
- An understanding of the prevalence of various mental health disorders in the U.S. and the need for reduced stigma in their communities.
- Working knowledge of the appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery.

**WHEN:** Tuesday, May 15, 2018  
8:30 am-5:00 pm (half-hour break, lunch provided)

**WHERE:** Anchor Homes, 102 East Washington St, Clarinda, IA

**WHY:** Mental health problems – such as depression, anxiety, impulse control and misuse of alcohol and other drugs – are shockingly common in the United States. In fact, more than one in four American adults will have a mental health problem in a year. The National Council on Community Behavioral Healthcare has begun working with communities throughout the nation, including Pottawattamie County Community Services to implement Mental Health First Aid to arm the public with skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. The clinical and qualitative evidence behind the program demonstrates that it helps the public better identify, understand and respond to signs of mental illness, thus improving outcomes for individuals experiencing these illnesses. For more information on Mental Health First Aid, visit [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

**COST:** Thanks to the generosity of the Southwest Iowa MHDS Region it is available free of charge!  
Seating is limited to the first 30 registered participants

**To Register :** <https://www.eventbrite.com/e/mental-health-first-aid-tickets-44274260505>



## ***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***

**Questions? Contact Shelly Hovey at 712-328-5672 or Mary-Beth Roskens at 712-328-5812**

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

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.

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. 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 the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

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

