

# 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.



## SEPTEMBER 2016 Training at the Coralville Public Library (Sept 13 & 16; 10:00am-4:00pm)

**Both classes are required to be certified and earn CEUs (see pre-enrollment information).**

*Instructor: Peggy Loveless, Ph.D., Mental Health Education Specialists*

**PRE-ENROLLMENT IS REQUIRED!!! Material fee: \$35**  
**Contact: Peggy Loveless at Email: [mhedspecialists@gmail.com](mailto:mhedspecialists@gmail.com);**  
**Phone: 319.530.9847**



### *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 0.96 CEUs through Kirkwood Community College, IBN Provider #30. Social workers will receive a certificate of completion for 9.6 CEHs. Other allied health professionals are advised to consult the governing rules of their nurses boards to determine if appropriate subject matter criteria will apply. A course evaluation will be available upon program completion.