

Adult Mental Health First Aid Training



When you think of basic first aid, what comes to mind? CPR, a basic first aid course, a medical emergency, helping a stranger in need of assistance? Mental Health First Aid aims to teach members of the public and professionals how to respond when a person is developing a mental health problem or experiencing a mental health crisis. The first aid is given until the crisis resolves. This course does not teach how to diagnose or counsel, but how to help a person needing early intervention or crisis assistance.

What will you learn?

- The prevalence of mental illnesses in the U.S.
- The potential warning signs and risk factors for depression, anxiety disorders, trauma, psychotic disorders, eating disorders and substance abuse disorders
- A 5-step action plan to help support an individual in crisis connect to professional care
- Resources available to help someone with a mental health problem

Who can register?

This training is **FREE** and open to any member of the community who is interested.

A person you know could be experiencing a mental health or substance abuse problem.

Learn an action plan to help.

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help a friend, family member, coworker, or neighbor in need.

Get trained in Mental Health First Aid.

Training Information

July 6, 2021

8:30am – 5pm

Clinton Community College –
Maquoketa Campus
501 W. Washington St.
Maquoketa, IA

Register Today!

Please send your name, email, and phone number to Brianna Kirk at
bkirk@jacksoncounty.iowa.gov
or call 563-652-1743

Lunch will be provided!

This training is:
Funded by the CARES Act
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