



MENTAL
HEALTH
FIRST AID



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 arrives.
- 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!

Dawn Knutson
563-326-8221 x8570
Dawn.Knutson@scottcountyiowa.com

Sponsored by:
Scott County Kids
Community Circle of Care

Scott County
Kids
Strong start...Strong future.



When can I get trained?

There are 5 Mental Health First Aid Trainings sponsored by Scott County Kids and Community Circle of Care scheduled for Winter/Spring 2012. Trainings will be held at 600 W. 4th Street, Davenport, IA. Space is limited to 30 participants at each training. Early registration is encouraged.

January 10th and 11th
9am-4pm

February 28th and 29th
9am-4pm

March 29th and 30th
9am-4pm

April 16th and 17th
9am-4pm

May 17th and 18th
9am-4pm

