**Mental Health First Aid**



**Mental Health First Aid Teaches You:**

* Signs of addictions and mental illnesses
* 5-step action plan to assess a situation and help
* Impact of mental and substance use disorders
* Local resources and where to turn for help

**Who Can Be a Mental Health First Aider?**

* Caring Citizens
* Consumers and Family Members
* Members of Faith Communities
* Social Workers
* Substance Abuse Professionals
* Policymakers
* Mental Health Authorities
* Police/First Responders/Security Personnel
* Nurses/Physicians Assistants/Primary Care Workers
* Volunteers

*Building Stronger Communities*

The AbbeHealth Affiliates are excited to offer a Mental Health First Aid Training (MHFA) in your community.

The MHFA programs teach community members skills on identifying and responding to an **adult** who may be experiencing a mental health issue. This is comparable to learning first aid training for physical health, but instead will focus on mental health. This program has been developed by the National Council for Behavioral and further information can be found on their website at [www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org).

Upon completion of the training you will receive a certificate and a manual. You must attend the entire training to receive a certificate.

When: December 5, 2018

Time: 8am-530pm

 Full participation **all** day is required for certification

Where: Independence Public Library

 [805 1st St E, Independence, IA 50644](https://www.bing.com/local?lid=YN873x6712995334882515872&id=YN873x6712995334882515872&q=Independence+Public+Library&name=Independence+Public+Library&cp=42.4682693481445%7e-91.8844528198242&ppois=42.4682693481445_-91.8844528198242_Independence+Public+Library&FORM=SNAPST)

Lunch: Is not provided; day includes two 15 min and one 60 min break.

**Cost: FREE as sponsored by the East**

**Central Region**

To Register: Email tmineart@abbehealth.org by **December 3, 2018**.

**Space is Limited-Register Today!**

Abbe Inc. is an Approved Provider

Iowa Board of Social Work, Number 0096

Iowa Board of Behavioral Science Examiners, Number AS97-14

This program has been approved for 8 (nursing) contact hours through Abbe Center, IBON provider #304. Participants must attend the entire event to receive credit.