

Mental Health First Aid

Building Stronger Communities

The Abbe Center for Community Mental Health will be offering an adult Mental Health First Aid Training (MHFA) to your community.

The MHFA programs teach community members skills on identifying and responding to a person 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 Health and further information can be found on their website at www.MentalHealthFirstAid.org.

Upon completion of the training, you will be able to obtain a certificate of completion. You must attend the entire training to receive a certificate.

Dates: Tuesday and Wednesday, 9/12 & 9/13/2023

Time: 12:00pm-4:15pm (both days)

Where: Coralville Public Library
1401 5th St
Meeting Room A
Coralville, IA 52241

Cost: No Cost (seating is limited)

To Register:

Please register with **Karen Randklev** at
karen.randklev@unitypoint.org

Provide first and last name, phone number and email address

This training consists of brief online pre work, post work, and an evaluation in addition to the 8 hour in-person training. The pre work, post work, and evaluation combined will take approximately 10 minutes to complete. All pre work must be completed prior to in-person training. Additional information about logging into the Mental Health First Aid system and completing these online items will be sent via email upon successful registration for the training.



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 contact hours through Abbe Center,
IBON provider #304

Sponsored by the East Central Region



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**