



Youth Mental Health First Aid

8-hour Course

Friday, August 28, 2020
8:00am – 5:00pm

Sponsored by Southern Iowa Mental Health Center

Location:

Mahaska Health Partnership-Cedar Bluff Conference Room
1229 C Ave East
Oskaloosa, IA 52577
Enter Door 3

REGISTRATION FEE – No Cost for Participants

Training expense being covered by Southern Iowa Mental Health Center's Department of Human Services Mental Health Block Grant

CEUs offered – Nursing, EMT and Social Work

To register, email, fax or mail this completed form to:

Southern Iowa Mental Health Center
Attn: Jan Lebahn
1229 C Ave East
Oskaloosa, IA 52577
jlebahn@simhcottumwa.org

Questions, Call Jan at 641-672-3159. Registration is limited to the first 20 people. Register today!

Name: _____

Phone number _____

E-mail address _____

Occupation and employer name _____

How did you hear about the course? _____



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*

Questions? Contact: Jan at Southern Iowa Mental Health Center: jlebahn@simhcottumwa.org or 641-672-3159

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.



MENTAL
HEALTH
FIRST AID

Sometimes first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911....**

Sometimes, first aid is **YOU!**

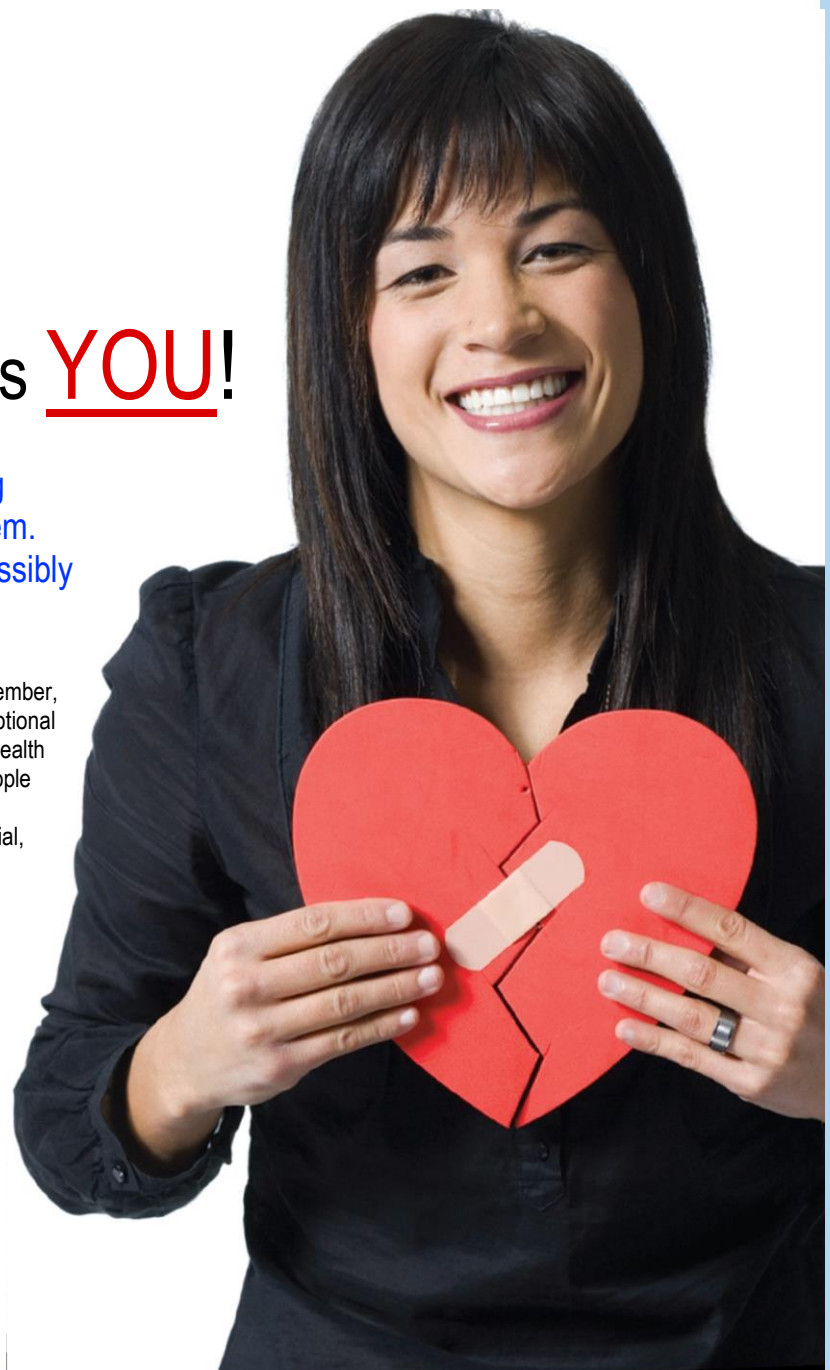
Someone you know could be experiencing
a mental illness or crisis. You can help them.
Learn how you can respond to families possibly
struggling with mental health concerns.

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. 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 the 8-hour Youth Mental Health First Aid course — Learn how this can be an effective tool For everyone.

**Take the course, save a life,
strengthen your community!**

CEU's available.



**Youth Mental Health First Aid:
Friday, August 21, 2020
8am – 5pm (Lunch On Your Own)**

**Southern Iowa Mental Health Center
1229 C Ave East
Oskaloosa, IA**

Registration Fee: No Cost – Training Provided by
Southern Iowa Mental Health Center

Pre Registration is Required.
20 Participants Max

Questions: jlebahn@SimhcOttumwa.org
or 641-672-3159