



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

Sometimes, first aid is **YOU!**

Someone you know could be experiencing a mental illness or crisis. You can help them. 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.

Sometimes, the best first aid is you. Take the course, save a life, strengthen your community.

A 12-hour certification course designed to help communities and frontline professionals

- Better Understand Mental Illness
- Respond to psychiatric emergencies

Registration Fee: \$50.00

Polk County Sheriff's Office
And
Iowa Law Enforcement Academy

Present

Mental Health First Aid

December 1 – 2, 2011

9:00 a.m. to 4:00 p.m. – December 1st

8:00 a.m. to Noon – December 2nd

Lunch provided on Dec 1st

Polk County Training Center at
River Place • 2309 Euclid
Des Moines, Iowa

Who would benefit by attending this training?

EVERYONE!

Anyone who works with the public on a daily basis.
Law Enforcement, Corrections, Medical Staff, EMS, Public Service Workers,
and more importantly,

ANYONE WHO CARES!



To register for this nationally recognized training or for questions

Send name and contact information to: Karen Dozler
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