



Polk County Sheriff's Office and Polk County Health Services Present

Mental Health First Aid



Instructors: David Higdon
Karen Walters Crammond

Course Description: A 12 hour certification course designed to help communities and frontline professionals:
- Better Understand Mental Illness
- Respond to Psychiatric Emergencies

Healthy Minds- Strong Communities:

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, co-worker, 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.

Date/Location: Courses available either Oct. 31-Nov.1, 2011 or Nov. 29-30, 2011
Polk County Training Center at River Place –
2309 Euclid Ave. Des Moines, IA 50310

Time: 9:00 am to 3:30 pm

Meals: Lunch will be provided both days.

Cost: \$50.00 per person – Includes book.

Building Mental Health Literacy Among:

- The Community
- School Administrators
- Local Business & Community Leaders

To register for this course, please contact Mary Clark at Mary.Clark@polkcountyiowa.gov . If you have any other questions, please contact the Standards and Training Division at (515) 286-3777.

Seating is limited to 25. Please register early
