



Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

We are offering this course at Carroll First United Methodist Church on Saturday, November 10, 2018 from 8:00 am to 4:30 pm. A light breakfast, lunch and snacks will be provided by the United Methodist Women for a free will offering. To sign up for the course contact the church at 712-792-1122 or on-line at <https://www.iaumc.org/mentalhealthinitiative>. The courses are listed by date and location. This course is offered in cooperation with the Iowa Conference Mental Health Task Force.