



## **IFAPA TRAINING**

### **Mental Health First Aid**

MHFA helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. This course introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, reduces the stigma attached to mental health diagnoses and overviews common treatments. Participants will learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional care. ***Part 1 and Part 2 will be offered at different times throughout the fall. You will receive credit separately for each of these two courses and if you choose to complete all 12 hours, you will receive a mental health certification. Part 1 and Part 2 can be taken in any order. (6 hours credit each)***

#### **Part 1**

**Highlights Depression, Bi-polar Disorder, Suicidal and Non-suicidal Self-injuries, Anxiety Disorders, Panic Attacks, Post-Traumatic Stress Disorder and Obsessive Compulsive Disorders**

#### **Part 2**

**Highlights Psychosis, Schizophrenia, Eating Disorders and Substance Use Disorders**

## **HOW TO REGISTER FOR A CLASS**

### **REGISTER VIA PHONE**

Call 800-277-8145 ext. 1 or 515-289-4567 ext. 1

### **REGISTER ON OUR WEBSITE**

To sign-up for training class through our website, complete our online registration form: [www.ifapa.org/training/training\\_registration\\_form.asp](http://www.ifapa.org/training/training_registration_form.asp). IFAPA will follow-up within two business days to confirm your enrollment in the class.