



## FOR IMMEDIATE RELEASE

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### Learn First Aid for Emotional Health at Horizons

*Cedar Rapids* – We all know that first aid can save a life in a medical emergency. We all learned to call 9-1-1. We all understand the benefits of CPR. Physical turmoil is easy to see. Knowing when to help is simple. But, how many of us can respond to an emotional crisis? How can we recognize the signs of mental health decline? How do we know when it's time to help? Horizons' Mental Health First Aid teaches participants how to recognize and respond to an emotional or mental health emergency.

It's estimated that 1 in 4 Americans struggle with a diagnosable mental health disorder. More people battle mental illness than heart disease and cancer combined. Because of the social stigma attached to these ailments, many fight in silence while others don't know where to turn. Mental Health First Aid works to bust through society's assumptions and provide a new outlook on mental health.

This empowering 2-day course teaches participants how to provide help to suffering individuals until professional, peer, or family supports step in. Skills are taught by certified instructors and the course in its entirety counts as 12 units of continuing education for many professional designations.

**Very few scholarships remain for Linn County nonprofit and public service providers. The scholarships will allow these attendees to participate at no cost.** Register today at [www.horizonsfamily.org/events](http://www.horizonsfamily.org/events) to attend a 2011 class under scholarship. To learn more about Mental Health First Aid at Horizons, visit our website at [www.horizonsfamily.org](http://www.horizonsfamily.org).

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#### About Horizons –

Horizons, A Family Services Alliance, located at 819 5th Street SE in Cedar Rapids, provides a variety of human services across East-Central Iowa including Consumer Credit Counseling Services, Mental Health Counseling, iCan Children & Family Services, Family Outreach Programs, and Meals On Wheels. Horizons has offices in Cedar Rapids, Anamosa, Coralville, Dubuque, Maquoketa, Marshalltown, Monticello, and Vinton. All Horizons' programs can be reached by calling 319-398-3943. [www.horizonsfamily.org](http://www.horizonsfamily.org)