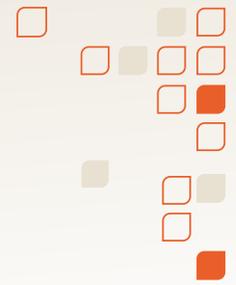


MENTAL HEALTH FIRST AID

Instructor Scholarship Program



If you are thinking about becoming a certified Mental Health First Aid (MHFA) Instructor, congratulations on taking the first step in an extremely rewarding journey. Instructors get to lead, educate and advocate for mental wellbeing in their communities.

MHFA Instructors teach the evidence-based MHFA curriculum, which is proven to increase understanding of mental health and substance use challenges and give people the skills they need to support an individual in distress. Teaching at a high level with fidelity to the curriculum takes time, energy, enthusiasm and commitment. Read on to find out if this opportunity might be a good fit for you!

Traits of a Great Instructor

Certified Instructors are accountable for the success of each class they facilitate. Presenting a course involves much more than showing up and lecturing. Instructors often excel in:

- Facilitation, public speaking and encouraging group discussion.
- Internal marketing and outreach to generate interest in the course.
- External outreach to community partners.
- Evaluation and analysis of the program's success.
- Event planning and logistics (setting a schedule, facilitating course registration, purchasing materials, etc.).



Steps to Become an Instructor

1. Submit an application and get approved to take the Instructor training course.
2. Complete approximately eight hours of self-paced pre-work before the first day of training.
3. Order materials for the course once registration has been confirmed. There's no additional charge for course materials.
4. Attend a 3-day live, virtual course with MHFA National Trainers. These sessions typically run from 9 a.m. - 5 p.m. ET.

Instructor Commitment Post-Certification

Once certified, Instructors must teach MHFA courses **at least three times per year** to maintain their certification. Mental Health First Aid USA provides ongoing technical assistance and marketing support to certified Instructors.

Instructors are vital to the success of MHFA, and we hope you are as excited about this opportunity as we are!

