

Find teen Mental Health First Aid Instructor Training Courses

IMPORTANT UPDATE: All [tMHFA](#) Instructor trainings will be conducted remotely until further notice. The virtual training is 3 days of live, interactive training presented by two tMHFA National Trainers. Each day of instruction will run 6-8 hours. In addition, each training requires approximately 4 hours of pre-work in which candidates watch a series of modeling videos and complete assignments.

Schools or Youth-Serving Organizations: Before Instructors can apply to attend an upcoming tMHFA Instructor Training, organizations must be registered as tMHFA Sites. This includes signing a contract with the National Council to show your organization's commitment to teaching the program with fidelity and adhering to the implementation requirements. The tMHFA Implementation Requirements can be found on page 5 of the [tMHFA FAQs](#).

To begin registering as a tMHFA site, [complete this interest form](#), and a member of our team will contact you. Once the contract is complete, your school or organizations can send tMHFA Instructor candidates to any of our public trainings.

Larger School Districts or Organizations: If you're a larger school district or organization that would like to train up to 16 Instructor candidates at once, you may be interested in organizing a private tMHFA Instructor training for your staff. Please [complete this form to get in touch with a member of our team](#) to get started.

Independent Instructors: Instructor candidates who are not affiliated with an organization may take the tMHFA Instructor training but may not teach the tMHFA course without first recruiting a school or organization to register as a tMHFA Site and sign a contract with the National Council. Contact teenMHFA@TheNationalCouncil.org to register for a tMHFA Instructor training as an independent Instructor.

[BRING tMHFA TO YOUR
COMMUNITY](#)

NOW AVAILABLE: Blended tMHFA

tMHFA can be taught fully In Person or in a Blended format that combines self-paced and Instructor-led learning. All Instructors must take the standard 3-day tMHFA Instructor training, which certifies them to teach the in-person course. After taking the standard 3-day Instructor training course, Instructor candidates can register for an additional 1-day training to become certified in the Blended learning option.

Upcoming tMHFA Instructor Trainings:

Note: All Instructor trainings are conducted virtually.

| September 2022 | | | |
|-----------------------|-------------------|------------------|----------------------------|
| Date | Curriculum | Time Zone | Location |
| September 13 | 1-day blended | ET | Virtual – via MHFA Connect |

| October 2022 | | | |
|---------------------|-------------------|------------------|----------------------------|
| Date | Curriculum | Time Zone | Location |
| October 3-5 | 3-day teen | PT | Virtual – via MHFA Connect |
| October 14 | 1-day blended | PT | Virtual – via MHFA Connect |
| October 26 | 1-day blended | CT | Virtual – via MHFA Connect |
| October 26-28 | 3-day teen | ET | Virtual – via MHFA Connect |

November 2022

| Date | Curriculum | Time Zone | Location |
|--------------|---------------|-----------|----------------------------|
| November 2-4 | 3-day teen | PT | Virtual – via MHFA Connect |
| November 7-9 | 3-day teen | CT | Virtual – via MHFA Connect |
| November 10 | 1-day blended | ET | Virtual – via MHFA Connect |

December 2022

| Date | Curriculum | Time Zone | Location |
|----------------|---------------|-----------|----------------------------|
| December 1 | 1-day blended | CT | Virtual – via MHFA Connect |
| December 5-7 | 3-day teen | ET | Virtual – via MHFA Connect |
| December 14-16 | 3-day teen | CT | Virtual – via MHFA Connect |



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING