

# MENTAL HEALTH FIRST AID AT WORK



Mental Health  
FIRST AID

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

## ACCESSING THE PROPROFS CLASSROOM

Please follow these steps to access your training pre-work, materials and post-work.

**Welcome to Mental Health First Aid at Work**

Mental health and well-being are key to a healthy, productive workforce. But each year, nearly one in five American adults experiences a mental health disorder that impacts them at home and work. This is .. [read more](#)

Email Or ID \_\_\_\_\_

Password \_\_\_\_\_ [Forgot Password](#)

**Login**

Not registered? **Sign up**

Remember me

1. Access your classroom by clicking the link provided to you in your training email.

2. As a new user, click the “Sign Up” button. If you are an existing user, simply enter your credentials and click the “Sign In” button.

3. Complete the required fields. **Don't forget to use the join code provided in your training email.** Please remember your email and password so that you may return to your account later.

Note: It is highly recommended that you do not use your work password. Create a unique password.

**User Registration**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Email \_\_\_\_\_

Password \_\_\_\_\_ Confirm Password \_\_\_\_\_

**Join Code: @** \_\_\_\_\_

**Register**



4. Click on your assigned coursework to begin your training as shown.

Note: The course title will vary depending on which training you are assigned. (i.e., Certification, General Awareness)

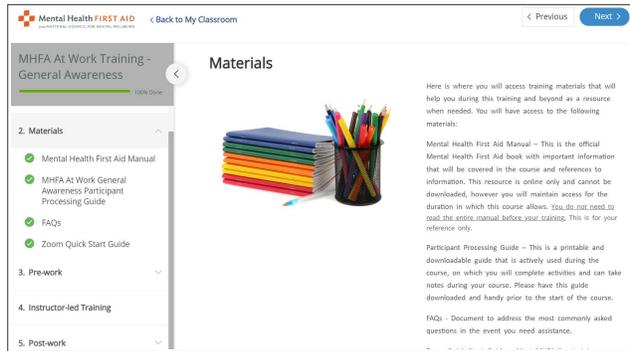
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## UTILIZING THE PROPROFS CLASSROOM



Training materials, such as the MHFA Manual and FAQs, can be found under the second tab, "Materials".

**Note:** the MHFA Manual can only be viewed through ProProfs and not downloaded to any device.

To finish your Awareness training, return to ProProfs after the instructor-led portion to complete the survey and download the "Ask Me About Mental Health First Aid" badge.

**Note:** please check with your organization to ensure that adding the "Ask Me About Mental Health First Aid" badge to your signature is approved.

