teen Mental Health First Aid (tMHFA) aims to provide the highest impact training for its participating Instructors, teens and organizations. As you create your tMHFA training plan, there are a few factors to keep in mind:

1. Plan to certify at least one Instructor for every 125 teens.
2. Determine the amount of time it would take to train your students.
3. The size, scope and desired timeline of your training plan will help to determine the number of Instructors needed. For example, a school district may choose to host a private Instructor training while a small youth-serving community program may choose to train one Instructor.

Have additional questions? Our tMHFA Client Development Managers are here to help you select the right resources to realize your tMHFA training goals.

### PURCHASING OPTIONS

**tMHFA Instructor Training and Manuals** – For schools or organizations purchasing the tMHFA program, with each tMHFA Instructor candidate trained, sites receive 125 tMHFA manuals.

**Private tMHFA Instructor Training and Manuals** – Contract with the National Council to train up to 16 of your tMHFA Instructor candidates in a closed session.

**How to find an Instructor** – Our team is happy to help you find an Instructor to implement tMHFA at your site. Complete this interest form, and a team member will contact you.

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**Note:** All teens must receive a physical manual when taking the tMHFA program. Accepted sites can purchase tMHFA manuals for $12.95 per manual.

**Discounts:** Organizations that are members of the National Council for Mental Wellbeing will receive a discounted price. If you are interested in becoming a National Council member, please submit this interest form, and someone from our team will reach out to discuss.

For more information about tMHFA, please visit [MHFA.org/teens](http://MHFA.org/teens).