



**Mental Health  
First Aid**



**2010 Application to Train  
as a Mental Health First Aid Canada *Basic* Instructor  
(5-day course)**

<b>APPLICANT'S NAME</b>	First Name	Surname	Gender
<b>WORKPLACE</b>			
<b>WORK POSITION</b>	Title		
<b>WORK ADDRESS</b>			
<b>HOME ADDRESS</b>			
<b>CONTACT NUMBERS</b>	[w] Phone:	[h] Phone:	
	Cell:	Fax:	
<b>EMAIL ADDRESS</b>	[w] e-mail:	[h] e-mail:	
<b>COURSE YOU ARE APPLYING FOR</b>	Course date: ___/___/ 2010 to ___/___/ 2010	Course location:	
<b>Course Dates/Locations are available at: <a href="http://www.mentalhealthfirstaid.ca/COURSE/">http://www.mentalhealthfirstaid.ca/COURSE/</a></b>			
<b>Cancellation Policy:</b> *A cancellation fee of \$300 applies to all notifications received 4 weeks in advance of the MHFA Canada course date or a cancel fee of \$750 is charged for all notifications received less than 4 weeks in advance.			

The MHFA Instructor Training Course is conducted over 5 consecutive days from 8:00 am – 4:15 pm Monday to Friday. The cost is \$3,000. This covers tuition and catering. *It does not cover travel or accommodation. **Should you be unsuccessful in becoming an MHFA Canada Basic Instructor, there will be a fee of \$800 for your attendance and catering at the 5-day course. You will not be able to keep the MHFA materials.***

In order to select people with the appropriate skills and experiences to organize and teach the 12-hour MHFA *Basic* course, there are seven questions on the next page to answer to show that you meet the following criteria:

- Experience in the field of mental health and mental illness
  - Good knowledge of mental disorders and their treatment
  - Experience delivering training/teaching effectively to adult learners
  - Experience in networking with community partners
  - Knowledge of the range of mental health services
  - Good interpersonal and communication skills
  - Enthusiasm to reduce stigma/discrimination associated with mental illness
1. The 12-hour Mental Health First Aid (MHFA) course is designed for interested members of the public and worksites. We are interested in your experiences and skills that would enable you to teach this course.
    - (a) What are your **personal and professional experiences and qualifications in mental disorders**? Your answer needs to demonstrate that you have **good knowledge of mental disorders, their treatments and mental health and community services**.
    - (b) What are your experiences and qualifications that would enable you to conduct training sessions effectively? Your answer needs to demonstrate that you have **good teaching, communication skills and interpersonal skills**.
    - (c) What experience do you have in effectively networking with a particular community and/or the general community?
    - (d) Do you have any other experiences or skills that may be relevant?
  2. Are you attached to an organisation that will support you in some ongoing way as an MHFA Canada Instructor? Your answer needs to demonstrate that you have a **good business plan or organizational support to ensure MHFA sustainability**.
    - (a) If “Yes”, please explain the support this organization will provide.
    - (b) If “No”, please briefly explain the business plan you will use for this endeavour and any source of support and/or sponsorship.
  3. Are there any group/s of people to whom you are particularly suited to deliver MHFA Canada courses? If so, how would you organize and conduct MHFA Canada courses to this group?
  4. Part of the aim of the MHFA Canada course is to reduce the stigma towards people with mental health problems. Can you tell us what factors you believe

exist that maintain the unfavourable attitudes some people have towards mental health problems?

5. In your opinion, what are the key skills needed to be an effective MHFA Canada Instructor?
6. What are your 3 reasons for wanting to be a MHFA Canada Instructor?
7. What would you do if, during one of the MHFA Canada courses you are conducting, one of the participants becomes distressed or approaches you about their personal mental health problems?

**Application Checklist:**

- Application Form**
- Completed Questions**
- Resume**
- Cheque made out to Mental Health Commission of Canada for \$3000**
- Letter of support from your organization or 2 letters of reference if you are self-employed that address the criteria noted above.**
- Mail application and cheque to:**

**Mental Health Commission of Canada  
attn: MHFA Canada Finance Department  
10301 Southport Lane SW, Suite 800  
Calgary, AB T2W 1S7**

**e-mail: [mhfa@mentalhealthcommission.ca](mailto:mhfa@mentalhealthcommission.ca)**

**fax: 780-459-5804**

**APPLICATIONS NEED TO BE RECEIVED AT LEAST 3 WEEKS BEFORE THE START OF THE COURSE.**