



MHFA Canada 5-day Basic Instructor Training Information

Thank you for your interest in becoming an instructor for Mental Health First Aid Canada (MHFA Canada). It is understandable you will have many questions before you embark on becoming an instructor. It is our hope the website information will answer your questions. It is important the information is reviewed carefully as it will help you decide if you wish to continue with the application process.

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Mental health first aid is given until appropriate professional treatment is received or until the crisis is resolved. The concept is based on the model of medical first aid.

MHFA aims to:

- Preserve life where a person may be a danger to self or others
- Provide help to prevent a mental health problem from becoming more serious
- Promote recovery of good mental health
- Provide comfort to a person experiencing a mental health problem

The 12-hour MHFA Canada Basic course shows people how to:

- Recognize the signs and symptoms of mental health problems
- Provide initial help
- Guide a person towards appropriate professional help

MHFA Canada training is primarily concerned with raising awareness of mental health, promoting recovery of those who might be experiencing mental health problems, and reducing the stigma associated with mental health problems. *The MHFA Canada program does not train a person to be a therapist or to provide a diagnosis.*

What is the role of a Mental Health First Aid Canada Instructor?

As an instructor, you will:

- ✓ Be certified to teach the 12-hour MHFA Canada Basic course to the public
- ✓ Be supported by MHFA Canada
- ✓ Have access to course updates and materials

You may deliver the course as an independent operator and/or on behalf of your organization.

When and Where are Instructor Training Sessions Held?

MHFA Canada holds training sessions throughout the year in all provinces where at least 12 participants can attend. Upcoming dates are posted on our website at <http://www.mentalhealthfirstaid.ca/course/Pages/FindCourse.aspx> Special requests for training sessions in your province may be made directly by contacting MHFA Canada toll free at: 1-866-989-3985 or by e-mail.

What is Included in the 5-Day Instructor Training Schedule?

The MHFA Canada instructor training is held over five days (usually Monday to Friday) from 8:00 a.m. to 4:00-4:15 p.m. The first two days, the Master Facilitator models the delivery of the 12 hour Basic course for the participants. At the end of the two days, each participant becomes a mental health first aider and receives their certificate. Day 3 addresses a wide variety of instructor issues and knowledge. Days 4 and 5 focus on participant presentations and feedback. At the end of the 5 days, each participant will have experienced the MHFA Canada Basic course 3 times through different methods. A schedule has been included for your information at <http://www.mentalhealthfirstaid.ca/instruct/basic/Pages/default.aspx>.

What are the Fees?

The cost of the training is \$3,000.00 which includes the five day training, an Instructor's Kit, and after-training support from MHFA Canada. The support includes one-on-one coaching from the Master Facilitators, access to the Instructor's Extranet, on-line posting of courses, discussion boards, new materials, videos, Instructor's Info Updates, and ongoing program evaluation.

Course fees are paid by cheque.

Cheques are made payable to: **Mental Health Commission of Canada**

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

Participants are responsible for the cost of their travel, hotels, and dinners (continental breakfast and lunches are provided).

What are the Steps in the Application Process?

The steps are:

1. Review all the website material about becoming an instructor
2. Complete the application form and mail or fax, along with your resume, to MHFA Canada. The application form is used to evaluate your qualifications to enter the Instructor Training Course. Please take the time to answer the questions carefully and concisely. Find the application form at <http://www.mentalhealthfirstaid.ca/instruct/basic/Pages/default.aspx>
3. Arrange for a letter of support from your organization or 2 letters of reference if you are applying as an individual (i.e. self-employed) that specifically reference the criteria for becoming an instructor.
4. Send in your cheque by mail made out to **Mental Health Commission of Canada**.

After all information has been received, including payment, a review on the application is conducted and a telephone interview may be arranged with qualified candidates. You will be notified once a final decision has been reached. Specific details regarding the five day training will be provided to candidates accepted into the Training Course.