



Mental Health FIRST AID

MISSOURI

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Who are we?

The Mental Health First Aid Missouri team is a central hub for 400 independent instructors across the state. We can help you connect with the best instructors for your training needs.

1. **Mental Health First Aid** (MHFA) is a skills-based training that teaches people how to identify, understand and respond to signs and symptoms of a mental health or substance use challenge in adults ages 18 and over. The evidence behind the program demonstrates that it builds mental health literacy, providing an action plan that teaches people to safely and responsibly identify and address a potential mental health or substance use challenge.
2. **Youth Mental Health First Aid** (YMHFA) is a skills-based training that teaches parents, family members, caregivers, teachers, school staff, peers, neighbors and health and human services workers and many other citizens how to identify, understand and respond to an adolescent (ages 12-18) who may be experiencing a mental health or substance use challenge.

Participants must be 18 years or older

How is it Delivered?

Class sizes are typically 10-30 participants. There are 3 course formats:

In-Person: 7.5 hours for MHFA, 6.5 hours for YMHFA

Blended: 2 hours self-paced online pre-work followed by 5.5 hours for MHFA and 4.5 hours for YMHFA in-person course

Virtual: 2 hours self-paced online pre-work, followed by 5.5 hours for MHFA or 4.5 hours YMHFA of live virtual training.

Course times do not include breaks. We advise scheduling a break at least every 90 minutes and an adequate lunch break.

What is the cost?

Cost is variable based on the below components:

- Instructors' time
- \$25 manual per participant
- Course format, travel, food, facility rental, supplies

A course typically costs about \$1500-\$2500.

Our goal is to ensure that cost is not a barrier. If you need assistance to partially or fully fund a course, please let us know.

I'm interested. Now what?

What materials are required?

In-person:

- Facility space with table arranged in pods for discussion (4-6 people each)
- Projector and screen
- Audio/speakers

Blended:

- Access to a computer and internet for each participant
- Everything mentioned for in-person

Virtual - each participant needs:

- Computer with microphone and speakers
- HD webcam
- Internet speed of at least 5Mbps (test your internet speed at www.speedtest.net)

What is required of participants?

The live, instructor-led portion of the course is an interactive training. Participants will be present and actively engaged for the entire duration of the course.

For blended and virtual formats, the pre-work must be completed prior to arriving for the live training.

What are the next steps?

Please fill out [this form](#).

We recommend that you contact us at least 6 weeks in advance.

If you have any other questions, please contact us at info@mhfamissouri.org

MHFA USA Founding Partner



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