

## BECOME A MENTAL HEALTH FIRST AID INSTRUCTOR

Be a part of the global Mental Health First Aid movement, with over 6 + million people trained by over 60,000 Instructors around the world.

### WHY BECOME AN ACCREDITED MENTAL HEALTH FIRST AID INSTRUCTOR?

Mental Health First Aid (MHFA) India is a licensed organisation that trains and accredits skilled Instructors with a passion for improving the mental health of their communities.

Mental health problems are a global public health concern and as an MHFA India Instructor, you become a part of 60,000 MHFA Instructors worldwide working to improve mental health literacy and awareness.

### MAKE A DIFFERENCE

You will improve mental health literacy in your community, and teach members of the public how to support co-workers, family members and friends with mental health problems to find appropriate help.

### TRAINING AND SUPPORT

You will receive intensive, high-quality training to become an Instructor, including materials you will need to start delivering courses. MHFA India actively supports every Instructor by staying connected and providing updates on course content.

### AUTONOMY

Once accredited, you will be able to set the course fees and deliver courses anywhere in India, whenever suits you.

## 1 F2F INSTRUCTOR TRAINING COURSE

MHFA India runs intensive courses to train Instructors in the Standard MHFA course which is paned out in 5 intensive, consecutive days. Post training independent training is important.

## 2 APPLICANT ELIGIBILITY

- Knowledge of mental health problems and their treatment
- Personal/professional experience of supporting people with mental illness
- A positive attitude towards people with mental health problems
- Excellent training experience and communication skills
- Knowledge of current mental health situation and service in India
- Good interpersonal skills
- A proven record of good conduct at community and workplaces
- Enthusiasm to deliver MHFA courses
- A business plan on training provision
- Must reside and work in India
- Certified in MHFA

## 3 ON-GOING COSTS AFTER TRAINING COMPLETION

For every person you train, you will need to purchase:

- Access to MHFA learning (Email us to be informed on the current FY Fee)

The fee to MHFA India includes

- MHFA Manual 4th Edition
- Access to eLearning
- Certificate and accreditation
- Support & listing of training in MHFA site

- This fee is exclusive of MHFA material courier charges

## 4 POINTS TO NOTE

- The MHFA Instructor kit will be shared with the candidate only on successful completion of the training, the test, the shadowing process and the ability to co-deliver with MHFA India Senior Instructor
- You will be able to deliver ONLY the course you are Certified in.
- After completion of the course with us (MHFA INDIA), You'll need to plan and run a minimum of 1 training and invite a senior instructor of MHFA India to co-train with you. This will be a mandatory step to avail certification as MHFA Instructor and start training independently.

## 5 COURSE FEE

Reach to MHFA India to get more information on costing.

Private Instructors training- Do you plan to scale MHFA training for all your staff and students.

Wish to have MHFA trainers among your team?

**MHFA for Higher Education** – You can write to [mhfaindia@mhfaindia.com](mailto:mhfaindia@mhfaindia.com) to discuss and get to know the details of the course for training your faculties.

**MHFA for Workplaces** – You can write to [mhfaindia@mhfaindia.com](mailto:mhfaindia@mhfaindia.com) to discuss and get to know the details of the course for training your staff.

In case of unsuccessful training, i.e., the participant fails to become an accredited MHFA Instructor, there will be a fee of 45% + GST charged for course delivery and administrative fee. No material will be given in such case.

## 6 HOW DO INSTRUCTORS MAINTAIN ACCREDITATION?

Instructors are required to:

- Deliver MHFA Courses - a minimum of 3 courses a year
- Respect the agreement signed with MHFA India
- Annually learning process on mental health and staying updated on mental health trends and development and 1 participation in a scientific conference.
- Pay an annual membership fee of ₹5000 + GST.

## 7 PREPARATION FOR COURSE DELIVERY

Instructors are responsible for organising their courses, whether they run them for an employer or through their own business which involves the usage of an appropriate video conferencing tool to deliver your training.

For a more detailed information email at [mhfaindia@mhfaindia.com](mailto:mhfaindia@mhfaindia.com) to receive the Booklet.

## CONNECT WITH US

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