The National Council is pleased to announce that you will soon have the option to teach Mental Health First Aid virtually.

As America practices physical distancing to stop the spread of COVID-19, we must find new ways to provide people with the tools to support themselves and their communities. The virtual delivery option will better equip family, friends and neighbors to help one another during these difficult times.

**How it Works**

The new virtual delivery option includes a 2-hour self-paced course followed by 4 hours of Instructor led training delivered virtually through our learning management system (LMS

**What it will Include**

The course will use our new curricula, including expanded content on trauma, addiction and self-care. Youth MHFA will include content applicable for adults working with youth experiencing other stressors, including the impact of social media. All content is gender neutral and culturally relevant.

**When it will be Available**

MHFA USA is currently piloting the program in communities across the country. Access to be trained in teaching the virtual course will be available to certified instructors at National Council member organizations beginning June 15th.

**How to Become Certified**

Existing Instructors will take 4 hours of self-paced courses. These courses will include information on using the LMS, best practices for virtual teaching, and an overview of the new curricula. Once they have completed the course work, the Instructors will take the self-paced potion of the new First Aider course. This will give them better understanding of the First Aiders’ experience. Finally, they will participate in a live Q&A session with MHFA staff.