



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

FREQUENTLY ASKED QUESTIONS

Q: What type of course is Mental Health First Aid?

A: Mental Health First Aid is a rigorous, full-day training that consists of instruction, role-play, and collaborative work.

Q: Does Mental Health First Aid provide certification?

A: Participants who complete the full course receive certification that is valid for up to three years.

At this time we do not offer professional CEUs.

Q: Who should take Mental Health First Aid?

A: Over two million people across the country have been certified in Mental Health First Aid. Any adult should consider taking the class. We have trained social service providers, faith communities, library and cultural institution staff, university staff, medical personnel, and many more. We have trained teachers, school staff, camp counselors, youth group leaders, volunteers and others in Youth Mental Health First Aid. **Both courses are intended for adult learners.**

Q: Is there a Mental Health First Aid course for teens?

A: While the National Council for Mental Wellbeing has a Teen Mental Health First Aid curriculum (ideal for teen learners), MHAOhio does not provide this training. [Click here for more information on the program.](#)

Q: Is there a fee for the course?

A: Thanks to our partnership with the [Alcohol, Drug and Mental Health \(ADAMH\) Board of Franklin County](#), we are able to offer this course for free to the community.

Q: What if I don't live or work in Franklin County? Can I still register for one of your courses?

A: Mental Health First Aid Ohio is a collaborative that offers this training for free throughout the state. [Click here to access training opportunities.](#)

Q: What are the class sizes?

A: Typical class sizes are around 20 participants. This allows for adequate participation and engagement for each learner.

Q: Can my organization host a class for staff or volunteers?

A: Non-profit, faith-based, government, or other similar community-serving groups can usually access Mental Health First Aid free of charge. You should have a group of about 25 to host a local training. Smaller groups can be combined to ensure we can meet your need.

(If you are a for-profit company with a training budget, we can link you with professional, certified instructors.)

Q: Do you have classes open to the public?

A: Yes, we host classes that are open to anyone throughout the year. Please sign up on our website to be added to our advance notice list.

Q: What do you need in order to attend a virtual training?

A: Virtual trainings are held via Zoom. You must have access to a strong internet connection and a desktop computer, laptop, or tablet with a camera and microphone. Whenever possible, you should have your camera on so that instructors can see and interact with you. (You cannot fully participate from a phone.)

Q: How long is the course?

Virtual Class: 2 hours online self-paced prework; 5 ½ hours live instructor-led virtual session

Blended Class: 2 hours online self-paced prework; 5 ½ hours instructor-led in-person session

In-Person Class: 8 hours instructor-led session

At this time, our Franklin County program is only providing fully virtual courses.

Q: What is pre-work?

A: When attending virtual and blended Mental Health First Aid classes participants must complete an online, self-paced course ahead of the instructor-led session. This work provides foundational concepts and usually takes about two hours to complete. It is ideal if this work is completed at least one day prior to the instructor-led session. Courses where too few participants have completed the required pre-work will be cancelled.

Q: Do you offer any of the specialized modules (older adults, public safety, etc.)?

A: While we do not currently offer these modules, if you have a need we can explore how we may meet it. Please contact us for more information.

Q: Is the course available in languages besides English?

A: At this time the National Council for Mental Wellbeing has only approved an older version of the course in Spanish. Please contact us for more information.