



MENTAL HEALTH FIRST AID WELCOME LETTER

QUESTIONS?

*If you have any questions,
contact the Mental Health First
Aid Program:*

mhfa@chrhealth.org

*One of our instructors will
gladly answer your questions!*



Learn more about MHFA:

[The National Council for
Mental Wellbeing](#)

[Learn about MHFA](#)

[MHFA Course Objectives](#)

[MHFA Newsletter](#)

[Mental Health Resources](#)

WELCOME!

It is our pleasure to welcome you to Mental Health First Aid, presented by CHR. This course will teach adults how to identify, understand, and respond to signs of a potential mental health challenge in others. Your trainers will provide guidance on non-judgmental listening, giving reassurance, and connecting to appropriate professionals.

NEXT STEPS:

Your instructors will send you a **Pre-Work Guide** detailing how to complete the 2-hour self-paced learning required to attend the course.

For virtual courses: you must log in on a device with camera and microphone abilities. Logging-in via phone is not allowed due to compatibility issues. Upon completion of self-paced pre-work, participants will receive the Zoom link for their course.

[MHFA-Conduct-Policy.pdf \(chrhealth.org\)](#)

FREQUENTLY ASKED QUESTIONS:

How do I complete pre-work? Your instructor will send you a guide detailing how to complete the self-paced pre-work on the Mental Health First Aid virtual learning management system.

When is Pre-Work due? Pre-work is due 2 business days prior to the course by 5pm ET. [MHFA-Pre-Work-Policy.pdf \(chrhealth.org\)](#)

What if I can't attend? Please let your instructor know as soon as possible if you cannot attend so we can welcome a participant from the waitlist. [MHFA-Cancellation-Policy.pdf \(chrhealth.org\)](#)