

## Mental Health First Aid Training

This course consists of two parts:

- » **MHFA Self-Paced Introduction:** The first portion of the course is to be completed through the self-paced online portion (accessible through the MHFA Learning Management System). This takes about 2 hours and has to be completed no later than the night before the scheduled training.
- » **MHFA Skills Application:** The second portion of the course is taught virtually by a certified MHFA Instructor and focuses on how to apply the MHFA skills. This 6.5 hour training on Zoom will take place on the dates listed below.

### Virtual Adult Mental Health First Aid

- Wednesday August 5<sup>th</sup> – 9:00am-3:30pm
- Friday August 21<sup>st</sup> – 9:00am-3:30pm
- Wednesday October 7<sup>th</sup> – 9:00am-3:30pm
- Wednesday November 4<sup>th</sup> – 9:00am-3:30pm

### Virtual Youth Mental Health First Aid

- Friday September 11<sup>th</sup> – 9:00am-3:30pm
- Friday September 25<sup>th</sup> – 9:00am-3:30pm

In order to reserve a seat for one of the classes listed above, you will need to register and pay for this class on the Dignity Health website. The cost of this course is \$28.95. Below is a step by step guide and link to the registration form. **If you are a Dignity Health employee, email [maren.foley@dignityhealth.org](mailto:maren.foley@dignityhealth.org) for registration.**

1. Click this link in order to register for an account on the Dignity Health website.  
<https://register.dignityhealth.org/profile/form/index.cfm?PKformID=0x35094abcd>
2. After you have completed the registration form, please navigate to the mental health class listings to sign up for the date of your choice.
3. You will then be directed to a payment form to complete the registration. Once payment has been accepted, you will receive a confirmation email from Dignity Health.
4. **PLEASE NOTE:** You will receive a separate email from the virtual Learning Management System with all necessary class information. This will include your MHFA Self-Paced Introduction (2 hour pre-work) as well as the Zoom link and class materials for the training. You will be manually registered into the Learning Management System after registering through Dignity Health. Please allow a few days for this to be processed.