



# Mental Health First Aid Instructor Training

hosted virtually & at no cost  
for people living or working in  
**Baltimore City**

## Mental Health First Aid Instructors

connect communities, build mental health literacy, and teach others how assist during a mental health challenge or crisis. The primary role of Instructors is to teach the Mental Health First Aid course with fidelity to the core program model and key messages. Instructors can learn to teach Youth MHFA and/or Adult MHFA. The pandemic's unprecedented impact on mental health in Baltimore's communities has underscored the need for action. Join the MHFA community now!

[Learn more about becoming an instructor here.](#)

### Each fully virtual course consists of

- 8 Hours of Self-Paced Pework
- 3 Days of Live Virtual Instruction

This course is **free of cost** for individuals who live and/or work in Baltimore City, through a generous partnership with Behavioral Health System Baltimore and Mental Health First Aid Maryland. **Seats are limited.** Apply to become a **Mental Health First Aid Instructor today!**

## APPLY TODAY!

### • Adult Mental Health First Aid Instructor Training

*Tues-Thurs, May 3-5 (9am-5pm)*

↳ Apply at [bit.ly/3tVDeOX](https://bit.ly/3tVDeOX)

↳ Learn more about Adult MHFA here.

### • Youth Mental Health First Aid Instructor Training

*Mon-Weds, June 13-15 (9am-5pm)*

↳ Apply at [bit.ly/3tVDeOX](https://bit.ly/3tVDeOX)

↳ Learn more about Youth MHFA here.