

YMHFA Participant Course Instructions

Welcome to the Mental Health Association in New York State (MHANYS) Youth Mental Health First Aid!

Below is an overview of the process to be certified as a Youth Mental Health First Aider. Your MHANYS instructor will provide all materials and instructions necessary for completion. Thank you for your commitment to fostering mental health and wellness in a Youth's everyday life!

To receive your Youth Mental Health First Aid (YMHFA) certification, you will need to complete the following:

1. **SET UP ACCOUNT.** A message from MHFAConnect will tell you when your account is ready.
 - To access your account in MHFAConnect, connect.mentalhealthfirstaid.org.
 - Log into your account by using your email and the temporary password which is case sensitive: Mhanys_MHFA2022!
 - Once prompted, please change your password. This will remain your password for the lifetime of your account.
2. **COMPLETE** the online Pre-Work (Must be completed before pre-work deadline to attend Instructor-Led Training (ILT). For step-by-step instructions on how to complete your required pre-work, reference the "MHANYS Mental Health First Aid Virtual Pre-Work Guide" document.
 - Pre-evaluation: 10-15 minutes to complete
 - Self-paced course: 2 hours to complete
 - Instructor-led training (ILT): 4.5 hours
3. **ATTEND** the Instructor-Led portion of your coursework.

Lastly, complete your post-work. After attending the instructor-led session(s), you will receive an email with additional instructions and a post-work completion guide from MHANYS.