



Did you know you have the ability to save someone's life? Yes YOU and it won't cost you anything except your time!

Become an Instructor with Mental Health First Aid.

Instructors help to spread Mental Health First Aid for Youth and Adults across the country. Instructors are individuals certified to teach the 8-hour course. Most instructors teach the course in their communities.



What Instructors Do

Instructors are on the frontlines of the program and help to train people in their communities in Mental Health First Aid. Certified instructors are required to teach [the course](#) at least three times per year. Instructors teach from a national curriculum, tailor discussions to their participants, and compile a list of local resources for help.

Reasons to become a Mental Health First Aid Instructor:

- **Connect** - Bring your community, schools and workplace together
- **Advocate** - Reduce negative attitudes about mental illnesses
- **Educate** - Build mental health literacy
- **Lead** - Show others how they can help

We need **YOU**! Join the team by contacting Kodi Pollard, Sr. MHFA Prevention Program Field Representative at kapollard@odmhsas.org/[405-522-6051](tel:405-522-6051) and receive more information about this opportunity.