**Mental Health First Aid 2.0** is here and is now offered in a **virtual** environment.

Here is how it works.

Register for a scheduled training offered by Alliant Health Solutions.

You will get a confirmation email once you have been accepted **and** when there are a sufficient number of registrants to have a class (minimum of 5 and maximum of 10).

The training is broken down into 2 parts.

**Part 1** takes approximately 2 hours to complete and is done on your own through a leaning management system (LMS) called Cornerstone. Components include:

Section 1

* Pre-Test
* Opinions Quiz
* Power Point self-guided training with a test at the end. You must pass the test before you will be allowed into Part 2; however, you can review material and take the test until you pass.
* Access to a Toolbox that contains a digital Mental Health First Aid Manual (book), Participant Processing Guide and Self-Care Worksheet template. These should be downloaded, and the Participant Processing Guide and Self-Care Worksheet should be printed. They will be used during Part 2 and **will continue to be accessible for the three-year certification period** after successfully becoming a Mental Health First Aider.

Section 2

* Post Test
* Evaluation
* Certificate (good for 3 years)

**You MUST complete Part 1 no less than 48 hours (2 business days) prior to the scheduled Part 2 session.**

NOTE: You will receive an email inviting you to complete Part 1 which will include a password and instructions. Upon successful completion, you will launch Part 2 directly from the LMS at the appropriate date/time.

**Part 2** is a live, instructor lead virtual training via Zoom that lasts approximately 5 hours.

This is an interactive training that includes a review of Part 1 and then goes into practical application of using the Mental Health First Aid Action Plan including participant activities.

Upon completion, instructor will verify attendance and then Section 2 of Part 1 will be unlocked allowing participants to complete post test, evaluation and obtain their certificate. Participants will receive an email informing them when Section 2 is unlocked.

Alliant Health Solutions is pleased to be able to offer this training under a grant funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). For more information or to inquire about class availability please send an email to [MentalHealthFirstAid@AlliantHealth.org](mailto:MentalHealthFirstAid@AlliantHealth.org).