



Application to Train as an Adult Mental Health First Aid Instructor (5-day course)

APPLICANT'S NAME	First Name	Surname	Gender
WORKPLACE			
WORK POSITION	Title		
WORK ADDRESS			
HOME ADDRESS			
CONTACT NUMBERS	BH Phone:	AH Phone:	
	Mobile:	BH Fax:	
EMAIL ADDRESS	BH Email:	AH Email:	
COURSE YOU ARE APPLYING FOR	Course date:	Course location:	
	April 2009	Johannesburg	

In order to select people with the appropriate skills and experiences to organise and teach the 12-hour Adult MHFA course, there are seven questions on the next page to answer to show that you meet the following criteria:

- Good knowledge of mental disorders and their treatment.
- Personal or professional experience with people with mental health problems.
- Favourable attitudes towards people with mental health problems.
- Good teaching and communication skills.
- Good background knowledge of mental health and community services.
- Good interpersonal skills.
- Good business plan or organizational support to ensure MHFA sustainability.

The MHFA Instructor Training Course is conducted over 5 consecutive days from 9 am – 5pm Monday to Friday. The cost is R20,000.00. This covers tuition and catering. ***It does not cover travel or accommodation.***

Should you be unsuccessful in becoming an accredited Adult MHFA Instructor, there will be a partial refund of the fee for your attendance and catering at the 5-day course. You will not be able to keep the MHFA Instructor Kit.

**Please email your application to:
Email: info@zealhealth.co.za**



1. The 12-hour Mental Health First Aid (MHFA) course is designed for interested members of the public and worksites. We are interested in your experiences and skills that would enable you to teach this course. Please provide responses in essay form note that CV are not sufficient.
 - (a) What are your **personal and professional experiences and qualifications in mental disorders**? Your answer needs to demonstrate that you have **good knowledge of mental disorders, their treatments and mental health and community services**.
 - (b) What are your experiences and qualifications that would enable you to conduct training sessions effectively? Your answer needs to demonstrate that you have **good teaching, communication skills and interpersonal skills**.
 - (c) What experience do you have in effectively networking with a particular community and/or the general community?
 - (d) Do you have any other experiences or skills that may be relevant?
2. Are you attached to an organisation that will support you in some ongoing way as a MHFA Instructor? Your answer needs to demonstrate that you have a **good business plan or organizational support to ensure MHFA sustainability**.
 - (a) If “Yes”, please explain the support this organisation will provide. A letter from the organisation would be appreciated.
3. Are there any group/s of people to whom you are particularly suited to deliver MHFA courses? If so, how would you organise and conduct MHFA courses to this group?
4. Part of the aim of the MHFA course is to reduce the stigma towards people with mental health problems. Can you tell us what factors you believe exist that maintain the unfavourable attitudes some people have towards mental health problems?
5. In your opinion, what are the key skills needed to be an effective MHFA Instructor?
6. What are your 3 reasons for wanting to be a MHFA Instructor?
7. What would you do if, during one of the Mental Health First Aid courses you are conducting, one of the participants becomes distressed or approaches you about their personal mental health problems?

**APPLICATIONS NEED TO BE RECEIVED NO LATER THAN 3 WEEKS BEFORE
COMMENCEMENT OF THE COURSE.**

Please note that limited places are available. Once the maximum is reached, applications will be placed on a waiting list for cancellations.