



2026 Information on Private Group Mental Health First Aid Training

How is the training delivered?

You have two options:

- All virtual class: attendees complete 2 hours of online self-study prework prior to a six hour live virtual class. All attendees should be on individual devices with camera and microphone capability.
- All in-person class: attendees complete an 8 hour in-person class. This can be split over two days if preferred. (note: this does include brief breaks but not meal time so please add that into your planning)

How many attendees do we need?

A minimum of 10 and a maximum of 25. Please note you will be charged for the minimum 10 attendees even if your class size falls below that number on the day of the training.

What are the costs?

- All virtual class: \$1,750 flat fee
- Hybrid or all in-person class: \$3,000 fee plus the cost of workbooks (\$31 per attendee plus shipping) and trainer travel expenses. Trainer travel expenses include airfare, ground transportation, hotel for 2 nights (3 if a two-day class), and meals, upon presentation of receipts.

How do we book a class?

Contact Jillian Beggs at Behind the Scenes at mhfa@btshelp.org or 212-244-1421 Ext 1. She will discuss trainer options with you and ask you to provide potential dates for your training. Our trainers are all working industry professionals so their time must be booked in advance and available dates may be limited.

What kind of facilities are needed for an in-person class?

- A room that will allow seating in rounds or classroom style. Attendees must have table space for their workbooks, so theatre-style seating is not acceptable.
- It is up to the organizer whether you wish to provide any kind of refreshments such as water or coffee or food at lunch breaks.

What are the AV requirements for an in-person class?

- A projector
- A screen large enough for the entire class to easily read the projected content
- Internet connection
- A wireless mic (depending on class size)

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What is the class timing?

- You can set the start time for your class
- For the virtual class, the trainer usually takes two 15 minute breaks and one 30 minute break. This can be adjusted upon request.
- For the in-person class you can determine the break schedule. For example, if you plan to provide lunch or give the attendees time to go and get lunch then you can schedule a longer lunch break.

How is registration handled?

Virtual class:

- The class organizer must submit an attendee list including name and email to Behind the Scenes at least ten days prior to the class.
- The class will then be registered with the National Council for Mental Wellbeing. Attendees will then receive their log-in information to complete their online pre-work.
- Once the attendee list has been submitted, additional attendee names (up to the maximum class size) may be added up to four days prior, providing the individual can complete their pre-work in the given amount of time.

In-person class:

- We will need an attendance number from you a minimum of two weeks before so that we can order workbooks shipped to you. Workbooks are not returnable or refundable.

How is payment handled?

Once a date and trainer have been confirmed, the organization sponsoring the training must pay a non-refundable deposit of \$750 to Behind the Scenes. The balance will be due seven days prior to the class.

If an in-person class is cancelled after workbooks have been ordered, the total cost of the workbooks (including shipping) will be payable to Behind the Scenes. Workbooks are not returnable or refundable.

Trainer travel expenses will be invoiced immediately following the class. If a class is cancelled between payment of the deposit and seven days in advance, any non-refundable trainer travel expenses already incurred will be payable.