

MHFA Graduate Welcome Guide

English

Welcome, Mental Health First Aider

Your course is complete, but confidence grows through continued practice. Use this guide to revisit your role, locate trusted support, and plan your next six months of learning.

Your role

Notice possible signs of distress. Approach with care. Listen without judgment. Encourage appropriate professional, peer, and self-help support. In an immediate emergency, follow local emergency procedures. You are a bridge to care, not a clinician or sole responder.

Start here

Save your official certificate. Bookmark the WVV Graduate Resource Portal. Review the ALGEE quick reference. Identify your workplace or community escalation contacts. Subscribe to The Wholistic Brief for new resources and learning opportunities.

Keep practicing

Choose one monthly action: review supportive language, refresh crisis resources, practice a boundary statement, complete a self-check, or discuss response pathways with a supervisor.

Important

These educational resources do not replace emergency, medical, legal, or clinical guidance. Use official services and organizational procedures when urgent or specialized support is needed.