



VETS RECOVER

TRANSFORMING THE CULTURE OF CARE

Adult Mental Health First Aid (MHFA) Frequently Asked Questions April 2025

I registered for MHFA on the Vets Recover website. Now what happens?

Registration on the Vets Recover website is the first step. Since you are receiving this email, this means your registration has been received and processed. You will also receive an invitation email from MHFA Connect.

- MHFA Connect: <https://connect.mentalhealthfirstaid.org>
- Please follow those instructions to create your profile. (Name, email, password)

I created my profile. Now what?

The MHFA Coordinator needs to enroll you in the class. This is not automatic and may take up to a day for this enrollment to occur.

How will I know I have been enrolled?

Both MHFA Connect and the MHFA Coordinator will send you an email. Return to the MHFA Connect website, enter in your credentials, and go to “Enrolled Classes” to begin your pre-work.

I have pre-work?

Yes, all Mental Health First Aid sessions require pre-work. Please complete all modules to attend class.

How will I know I when I am done?

When you have reached “Instructor Led Session,” you are ready for class!

I have completed everything. What happens now?

Join us for in-person training on the day and location you selected.

What happens after in-person training?

Return to the MHFA Connect website, enter in your credentials, and go to “Enrolled Classes.” Select “Resume” and complete the remaining modules.

How do I get my Certificate of Completion?

Once you’ve completed all modules, you are a Mental Health First Aider! You will be able to download and print your Certificate from your account for up to three years. Please remember the website, your username, and password so you can continue to log in as needed.

What if I have additional questions?

Please contact MHFA Coordinator, Melissa McKnight, at msm@vetsrecover.org.