

National Council for Mental Wellbeing
Mental Health First Aid USA
1400 K Street, NW, Suite 400
Washington, DC 20005

January 1, 2026

To Whom It May Concern,

The National Council for Mental Wellbeing (NCMW) is a membership organization that drives policy and social change on behalf of more than 3,400 mental health and substance use treatment organizations and the more than 10 million children, adults, and families they serve. NCMW advocates for policies to ensure equitable access to high-quality services. We have been serving on the frontlines of mental health and substance use care since 1969, fighting to ensure all Americans receive the high-quality treatment they deserve.

Mental Health First Aid was created in Australia in 2001 by a nurse specializing in health education and a mental health literacy professor. The National Council introduced Mental Health First Aid USA in 2008. Since then, the curriculum has gone through dozens of peer-reviewed studies proving its efficacy. More than 3 million people in the United States are trained in MHFA thanks to more than 20,000 Instructors.

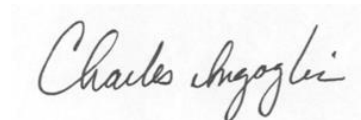
Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

The National Council for Mental Wellbeing is the sole entity providing Mental Health First Aid program materials in the United States and its territories—except for Maryland and Missouri. The Maryland and Missouri Departments of Mental Health partnered with the National Council for Behavioral Health to bring Mental Health First Aid to the United States and for that reason are the providers of instructor trainings within their respective states. Their jurisdiction is limited to their states.

MHFA program products include but are not limited to manuals, curriculum resources, consultation and training (including instructor training), ancillary teaching support products, and merchandise. The program is delivered in in-person and blended/online methods.

For more information on the National Council for Mental Wellbeing visit thenationalcouncil.org. For more information on Mental Health First Aid USA visit MHFA.org.

Sincerely,



Charles Ingoglia, MSW
President and CEO