

Mental Health First Aid in the Community



Empowering communities with early intervention mental health training helps foster a culture of care, enabling individuals to thrive and communities to flourish.

Today, mental illness is said to affect every Australian either directly or indirectly. This means that every person, is likely to know family members, friends, co-workers or community members who are experiencing a mental health problem.

This demonstrates the need for community-led models of care that empower individuals where they live, work and play.

Understanding how to talk about mental health and having the confidence and knowledge to help someone in need are important skills that everyone in your school community can learn.

This is where Mental Health First Aid Training can help

Mental Health First Aid Australia offers a suite of early-intervention education courses that increase mental health literacy and teach the practical skills needed to support someone experiencing a mental health problem or mental health crisis.

Mental Health First Aid (MHFA®) training equips community members with the knowledge and confidence to recognise, understand and respond to someone they know who may need information or support.

What is mental health first aid?

Most people are familiar with physical first aid and the idea that when you attend a physical first aid course, you learn the skills and knowledge required to recognise and respond to life-threatening emergencies and provide a first aid response to a casualty across a range of different situations.

Mental Health First Aid training adopts a similar approach. Our courses teach participants about the different types of mental illness and through our practical action plan you learn the skills to recognise and respond to someone experiencing a mental health problem or mental health crisis.

Mental Health First Aid training helps community members to:



Intervene early

Recognise the warning signs of mental health problems.



Offer support

Learn the skills to speak openly and accurately about mental health.



Respond in a crisis

Respond across a range of crisis situations where a person may be at risk of harm.



Reduce stigma

Reduce stigma and increase support for someone experiencing and living with mental health problems.



1 in 5

Australians will experience mental health problems in any given year.¹



2 in 5

Young adults aged 16–24 experience a mental health problem.²



Mental Illness

Now affects every Australian either directly or indirectly³

¹National Study of Mental Health and Wellbeing, 2022
²National Study of Mental Health and Wellbeing, 2022
³Mental Health Productivity Commission Inquiry Report, 2020



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The course empowers anyone with the confidence to start mental health conversations. It’s an opportunity for someone to take that first step towards healing.

Find the training that’s right for you

Standard MHFA	Aboriginal and Torres Strait Islander MHFA	Youth MHFA	Youth Aboriginal and Torres Strait Islander MHFA	Older Person MHFA
This 12-hour course teaches adults how to support a friend, family member, co-worker, or other adult	This 14-hour course teaches adults how to support an Aboriginal or Torres Strait Islander friend, family member, co-worker or other adult	This 14-hour course teaches adults how to support a young person (aged 12-18)	This 14-16 hour course teaches adults how to support young Aboriginal and Torres Strait Islander people (aged 12-18)	This 12-hour course teaches adults how to support an older person (aged 65+)
Available in Face-to-Face, Blended Face-to-Face, and Blended Online delivery	Available in Face-to-Face, and Blended Online delivery	Available in Face-to-Face, Blended Face-to-Face, and Blended Online delivery	Available in Face-to-Face, Blended Face-to-Face, and Blended Online delivery	Available in Face-to-Face



Face-to-Face

Led by a Licensed MHFA Instructor.



Blended Face-to-Face

Self-paced eLearning followed by a face-to-face session.



Blended Online

Self-paced eLearning followed by video conferencing sessions.

All sessions are delivered by a Mental Health First Aid Australia trained and Licensed Instructor.

Take the next step

Once you’ve chosen the course that’s right for you, the next step is to choose how to deliver the training. There are several options available:



Book a public course

Individuals or small groups can register to attend a publicly listed course. Visit your preferred course page at mhfa.com.au to book.



Organise in-house training

Mental Health First Aid Australia has a network of 3,000+ trained and Licensed Instructors with local and place-based knowledge. For community-based groups and organisations wanting to deliver MHFA training to a larger group, you can find a Licensed Instructor to deliver private training in-house. Visit your preferred course page at mhfa.com.au to organise.



Train a staff member to become an Instructor

Training individuals to become a Licensed MHFA Instructor can be a cost-effective and sustainable way to embed MHFA training within your community-based group or organisation. By training individuals to become Licensed Instructors, MHFA courses can then be delivered within communities on an ongoing basis. Learn more: mhfa.com.au

Why choose Mental Health First Aid Australia?



Evidence-based



Rigorously evaluated



Internationally recognised

Celebrating Commitment:

The Mental Health First Aid Champion Communities Program supports and recognises communities across Australia for their commitment to planned, integrated and sustainable Mental Health First Aid training. Learn more: mhfa.com.au/champion-communities



MENTAL HEALTH FIRST AID®
 Australia

The Community Engagement Team is here to help and support you at any stage of your MHFA training journey. Get in touch via email at community@mhfa.com.au