



**MENTAL HEALTH
FIRST AID®**
INTERNATIONAL

**Creating a circle of
safety and support
in communities.**

Acknowledgement of Country

We acknowledge the Traditional Owners and Custodians of the land on which Mental Health First Aid International operates today and pay our respects to Elders past and present. We extend our respects to all Aboriginal and Torres Strait Islander peoples who are reading this document

We recognise, value and celebrate diversity and act in the spirit of inclusion.



Acknowledgement of Lived Experience

Mental Health First Aid International wishes to acknowledge people with lived and living experience of mental health problems and suicidality, and their loved ones who care and support them. With diverse identities, challenges and life experiences, each journey is unique and invaluable. Thank you to those who have courageously shared stories to help educate the global community.

Mental Health First Aid International is a global, purpose-driven provider of mental health first aid education that equips individuals with the knowledge and skills to provide support when it matters most.

Established in Australia in 2001, we are a global health promotion charity dedicated to providing evidence-based and evidence-informed education programs.

Our mission is to increase mental health literacy, reduce stigma, and help individuals develop the skills needed to encourage people to seek professional help. Through this, we aim to broaden the support network available to all people experiencing mental health problems.

We are leading a global movement dedicated to prevention and early intervention, striving to reduce the impact of psychological distress and mental health problems in individuals, families, communities, educational settings and workplaces worldwide.

Purpose-driven and impact-focused, our work is firmly grounded in high-quality research and evaluation and guided by the voices of lived experiences.



Our Purpose

To grow a global movement dedicated to providing evidence-based Mental Health First Aid education for everyone.



Our Vision

A world where we all have the skills and confidence to support people experiencing mental health problems.



Our Principles



Our Impact

As a respected global leader of mental health first aid education, we have inspired an international movement that has seen our programs adopted in 30 countries, with more than 7 million people now trained worldwide.



30

delivering MHFA
training worldwide



7 million+

people trained in
MHFA worldwide



1.4 million

Australians trained
in MHFA



3,100

Instructors trained
in MHFA in Australia



65,339

Instructors trained
in MHFA worldwide

You can learn more about the story of Mental Health First Aid International visit our website [here](#).



Our Courses

Mental Health First Aid offers a suite of early intervention training courses delivered by Licensed Instructors.

Our core courses have been designed to meet the needs of a diverse range of population groups, while our specialised courses address targeted topics. Courses can be delivered face-to-face, online or a combination of both.

Standard Mental Health First Aid

Designed for adults supporting other adults across a range of community and workplace settings. Course participants learn about the signs and symptoms of mental health problems in adults, how to recognise and respond to emerging, worsening or crisis point mental health problems, and the interventions and supports available. Face-to-face, blended or online delivery options are available for this 12-hour course.

Youth Mental Health First Aid

Designed for adults, who teach, support and care for young people aged 12–18. Course participants learn about the signs and symptoms of mental health problems in adolescents and how to recognise, respond and support a teen in need of support. This 14-hour course is delivered face-to-face, blended or online.

Older Person Mental Health First Aid

Designed for adults who work with, live with or care for a person aged 65 and over. The program addresses mental health problems and strategies specifically relating to older people. This 12-hour course is delivered face-to-face.

Youth Aboriginal and Torres Strait Islander Mental Health First Aid

This is a culturally informed training course for adults who teach, support and care for Aboriginal and Torres Strait Islander adolescents. The course is delivered by Licensed Aboriginal and Torres Strait Islander Instructors to ensure cultural safety and relevance. Face-to-face, blended and online delivery options are available for this 2-2.5 day course.

Teen Mental Health First Aid

This age-appropriate training course is designed for secondary school students in Years 7 to 9, and 10 to 12. It teaches the skills and empathy for provision of peer-to-peer support, and provides information on supports available and when and how to seek the help of a trusted adult. It also reinforces mental health literacy and help seeking. This 3.5-hour course is delivered face-to-face to an entire year level cohort.

Aboriginal and Torres Strait Islander Mental Health First Aid

This is a culturally informed course for adults to learn how to assist Aboriginal and Torres Strait Islander adults who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis. Training is delivered by Licensed Aboriginal and Torres Strait Islander Instructors, ensuring cultural safety and relevance. Face-to-face and online delivery options are available for this 14-hour course.

Refresher Courses

Mental Health First Aid Refresher courses allow a person who has completed Mental Health First Aid training in the past three years to refresh their knowledge and build on their existing skills. These abbreviated courses vary in length and mode depending on the course previously taken. They allow a person to maintain their MHFAider accreditation for another three-year period.

Specialised Courses

Mental Health First Aid Australia offers a series of specialised courses to build on existing knowledge and skills and address specific mental health and crisis problems. These include:

- Conversations about Suicide
- Conversations about Non-Suicidal Self-Injury
- Conversations about Gambling
- Talking about Suicide (Aboriginal and Torres Strait Islander MHFA)
- Talking about Non-Suicidal Self-Injury (Aboriginal and Torres Strait Islander MHFA)
- Talking about Gambling (Aboriginal and Torres Strait Islander MHFA).

When attending a core course, participants can expect to learn about a range of mental health topics including:

- Depression
- Anxiety problems
- Eating disorders
- Psychosis
- Substance use problems
- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe effects of drug or alcohol use
- Severe psychotic states
- Aggressive behaviour

To learn more about what to expect when attending a course, you can watch the short video [here](#). Please note, this video is based on learning outcomes from the Standard MHFA course. Learning outcomes will slightly vary between course types and target populations.

Our Instructors

Currently, a network of more than 3,100 Licensed Instructors delivers MHFA training across Australia.

Our national Instructor Network includes those who either work as independent licensees that deliver MHFA training in educational settings, workplaces or communities, or those who are employees that deliver MHFA training to their colleagues within, or individuals supported by, their organisation. Please note Licensed MHFA Instructors are not employees of Mental Health First Aid International.

Benefits of becoming an independent licensee include:

- Flexibility to set own schedule and location of courses
- Freedom to set course fees and market own business
- Ability to offer training to a range of communities and organisations

Benefits of become an Instructor internal to an organisation:

- Increasing employee wellbeing by training staff to recognise, understand and respond to mental health problems or crises
- Targeted impact by addressing specific concerns or challenges experienced in the sector and organisation
- Creating mentally healthy workplaces by proactively addressing mental health challenges and reducing stigma

To become an Instructor, individuals need to attend a 4 or 5 day Instructor training course. To attend, individuals must meet relevant eligibility criteria and submit an online application to Mental Health First Aid International. Licensed Instructors are not required to be mental health professionals or have qualifications in mental health.

To learn more about Licensed MHFA Instructors, you can watch a short video [here](#).



Becoming an MHFA Instructor has changed my life in many ways. It is so rewarding to see the difference made in our community by the courses I teach.



Mental Health First Aiders

MHFAiders are equipped with the practical skills, knowledge and confidence to recognise, understand and respond to someone experiencing a mental health problem or crisis.

After completing a core MHFA course, an individual is considered a Mental Health First Aider, or a MHFAider.

MHFAiders can complete a short online assessment to become an Accredited MHFAider. Accreditation lasts for three years, with participants required to refresh their knowledge and skills prior to the three-year mark.

Learn more about the role of MHFAiders [here](#).

Meet Our Mental Health First Aiders

Currently, we have more than 1.4 million people trained in Mental Health First Aid across Australia.

Whether it be through personal lived experience or supporting someone with a mental health problem, every MHFAider has a unique story to share. You can watch inspiring stories from Mental Health First Aiders below who are making a difference, one conversation at a time.

Watch Danny's story [here](#) to learn how being an MHFAider has made a difference.

Watch Kellie's story [here](#) to learn how her skills as a Mental Health First Aider provided a lifeline to her housemate.





**For Anyone.
For Everyone.**

Learn more mhfa.com.au



**MENTAL HEALTH
FIRST AID®**

INTERNATIONAL