



**MENTAL HEALTH  
FIRST AID®**  
For Anyone. For Everyone.®

# Mental Health First Aid in the Community

**Mental illness does not discriminate and those affected come from diverse backgrounds, live in every community, attend local schools, are employed in every workplace and are at different ages and stages of life.**

Mental health problems can have a severe and long-lasting impact on a person's education, work and relationships and some mental illness can contribute to premature death, while others are a major cause of disability.

Despite the prevalence of mental illness in the community and the fact that mental health and well-being are becoming more openly discussed, many people still find it difficult to know what to say or how to support someone who may be experiencing a mental health problem.

## **This is where Mental Health First Aid® can help**

Mental Health First Aid (MHFA™) offers a suite of early-intervention education courses for local community members that increase mental health literacy and teach the practical skills needed to support someone experiencing a mental health problem.

Increasing mental health literacy within local communities through targeted training, helps increase community resilience.

Mental health first aid training equips people with the knowledge and confidence to approach or respond to family members, friends, co-workers or others in the community who may need information or support. The impact of that first supportive conversation for an individual in a time of need can be profound.

## **What is Mental Health First Aid?**

Mental health first aid is the initial help offered to someone who is experiencing a mental health problem or a mental health crisis, until appropriate professional help is received or the crisis resolves.

## **MHFA Training in the Community**

There are a range of MHFA and Aboriginal and Torres Strait Islander Mental Health First Aid (AMHFA) courses available.

### **Standard MHFA**

Teaches adults how to support other adults

### **Youth MHFA**

Teaches adults how to support young people

### **Teen MHFA**

Teaches adolescents (12–17 years) how to support to their peers

### **Older MHFA**

Teaches adults how to support people aged 65+

### **AMHFA**

Teaches adults how to support Aboriginal or Torres Strait Islander adults

### **Youth AMHFA**

Teaches adults how to support Aboriginal or Torres Strait Islander young people

**The National Health Survey 2017–2018 estimated that:**



**1 in 5**

**1 in 5 or 4.8 million Australians reported that they had a mental or behavioural condition in the previous year<sup>1</sup>**



**26%**

**15–24-year olds had the highest proportion (26%) of mental health or behavioural concerns<sup>1</sup>**



**1 in 7**

**In the last 12 months, 1 in 7 young people (aged 4–17) were assessed as having a mental disorder<sup>2</sup>**

<sup>1</sup> Australian Institute of Health and Welfare, Mental Health Snapshot July 23, 2020

<sup>2</sup> Australian Child & Adolescent Survey of Mental Health (2015)

## Course Delivery Modes Available



**Face-to-Face:** All MHFA and AMHFA courses are available via face-to-face delivery.



**Blended Face-to-Face:** MHFA Standard and Youth courses are available in a blended format that combines self-paced eLearning followed by a face-to-face training session led by an accredited MHFA Instructor.



**Blended Online:** MHFA Standard and Youth courses, together with AMHFA Adult and Youth AMHFA courses are available in a blended online format that combines self-paced eLearning and video conferencing sessions led by an accredited MHFA Instructor.

Learn more about the courses available: [mhfa.com.au/courses](https://mhfa.com.au/courses)

## Our Instructors

Mental Health First Aid Australia have a national network of 2,100+ trained and accredited MHFA Instructors who deliver MHFA courses, with local and place-based knowledge. This course delivery model lets you choose an instructor that best reflects the needs of your community.

Find an accredited MHFA Instructor: [mhfa.com.au/instructors](https://mhfa.com.au/instructors)

**"We have found that MHFA training has had a huge impact in helping to break down barriers, building connected relationships, and giving people the confidence to have supportive conversations."**

Richmond Institute



## Build Capacity in your Community

Many local councils, community groups, sporting clubs and service providers are choosing to nominate staff and members to become accredited MHFA Instructors.

Our unique Instructor training model is a cost-effective and sustainable way to embed MHFA training within local communities. By funding community members to become accredited MHFA Instructors, MHFA courses can then be delivered locally to the broader community on an on-going basis.

Learn more about becoming an Accredited MHFA Instructor: [mhfa.com.au/be-an-instructor](https://mhfa.com.au/be-an-instructor)

## Access and Funding

Potential sources of funding for the delivery of MHFA training within local communities include Primary Health Networks, philanthropic organisations, community mental health organisations, government and local community grants or locally run fundraising campaigns.

## Evidence-Based MHFA Training

MHFA training is a cost-effective early intervention program that supports and mobilises whole communities to take a proactive approach to mental health education and training.

The Community Engagement Team are here to help and support local government, community organisations, groups, and clubs at any stage of their MHFA training journey.

Get in touch via email at [community@mhfa.com.au](mailto:community@mhfa.com.au)

## Why choose Mental Health First Aid?

- ✓ Evidence-based
- ✓ Rigorously evaluated
- ✓ Internationally recognised
- ✓ Award winning
- ✓ 4+ million people trained worldwide
- ✓ MHFAider support network

## MHFA training helps whole communities to:

**Intervene Early** and recognise the warning signs of mental health problems

**Learn Skills** needed to speak openly and accurately about mental health

**Respond in Crisis** situations where a person may be at risk of harm

**Reduce Stigma** and increase support for people with mental health problems

Learn about MHFA in Action by visiting our case studies page:

[workplace.mhfa.com.au/case-studies](https://workplace.mhfa.com.au/case-studies)

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