



**MENTAL  
HEALTH  
FIRST AID**  
Australia

Learn the skills to make a difference.



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Mental Health First Aid Australia is a not-for-profit organisation with a vision of a community where everyone has the first aid skills to support people with mental health problems.

We have developed a range of courses backed by research to suit specific groups in the Australian population. There are also specialty courses focusing on specific mental health problems or crises.

### **MHFA COURSES ARE:**

- Backed by research
- Flexible in delivery
- Available worldwide in over 25 countries



### **WHY DOES MHFA TRAINING MAKE A DIFFERENCE?**

Around 1 in 5 Australian adults experience a common mental illness each year. Completing an MHFA course gives you the skills and confidence to support a friend, family member or co-worker.

Mental Health First Aid courses are run in over 25 countries and over 3 million people have been trained worldwide. Be part of our growing community of mental health first aiders.

### **TRAINING OUTCOMES**

- mental health literacy
- confidence to provide mental health first aid
- support provided to others
- stigmatising attitudes



### **HOW DO I SIGN UP?**

Visit [mhfa.com.au](https://mhfa.com.au) to find:

- a course calendar, to book onto a course in your area
- an Instructor search, to select an Instructor who can run a course for your group.