



**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 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.