

Mental Health First Aid Courses

Frequently Asked Questions

What is mental health first aid?

Much like physical first aid, **mental health first aid** is the help provided to a person who is developing or experiencing a worsening of a mental health problem, or who is in a mental health crisis. Mental health first aid is given until appropriate professional treatment is received or until the crisis resolves.

What will I learn in a Mental Health First Aid (MHFA) course?

Using a practical, evidence-based action plan, Mental Health First Aid courses equip people with the knowledge and skills to recognise the signs and symptoms of mental health problems, and to confidently provide the correct referral information and support to someone who may be developing a mental health problem or experiencing a mental health crisis.

Research shows that MHFA course participants have:

- ✓ Improved knowledge of mental illnesses, their treatments and appropriate first aid strategies
- ✓ Confidence in applying first aid to a person experiencing a mental health problem
- ✓ Decreases in stigmatising attitudes
- ✓ Increases in the amount and type of support provided to others

How long is an MHFA course and what is the delivery format?

MHFA Australia offer MHFA courses in a variety of formats and lengths, including face to face, online and blended learning options.

Length will differ depending on the course you choose, and they vary from half day course options to 2 x days of training.

The different course delivery options and lengths means you will be able to find an option that suits your needs and schedule!

Which MHFA course is the right fit for me?

MHFA Australia have a variety of MHFA courses available, depending on which specific skills you are interested in learning. For example, there are courses that are specific for supporting adults, young people, teens and older people. There are also courses specific to supporting Aboriginal and Torres Strait Islander People.

If you are looking to learn more about specific mental health problems or crises, there are also a range of specialised courses available, including 'Conversations about Suicide', 'Conversations about Non-suicidal Self-injury' and 'Conversations about Gambling'.

MHFA Australia also has setting-specific courses available, including workplace, tertiary, financial, pharmacy and legal settings.

Read more about our different course options via the links below:

MHFA course overview: <https://mhfa.com.au/courses>

Blended MHFA courses: <https://mhfa.com.au/courses/elearning>

If you need any support identifying which course is the best fit for you, please get in touch!

What does an MHFA course cost?

MHFA Australia works primarily in training members of the public to become Accredited MHFA Instructors. These Instructors then run MHFA courses in their workplaces and communities.

Accredited MHFA Instructors are not employed by MHFA Australia, and work independently. They therefore have the autonomy and flexibility to set their own fees for MHFA courses.

To find out about upcoming courses and costs, visit:
<https://mhfa.com.au/courses/public>

Otherwise, you can find an Instructor in your area and contact them for a quote, using our search engine here: <https://mhfa.com.au/instructors>

What is an 'Accredited Mental Health First Aider'?

An Accredited Mental Health First Aider is someone who has completed a core MHFA course (i.e. a Standard, Youth, Older Person or Aboriginal and Torres Strait Islander MHFA course), and has successfully completed a post-course accreditation exam.

After successfully completing the exam, participants receive a certificate of accreditation which is valid for 3 years, and is a formal recognition of their mental health first aid skills and knowledge.

After 3 years, Accredited Mental Health First Aiders are eligible to attend a Refresher course, to refresh their mental health first aid skills.

Find out more about Refresher courses here: <https://mhfa.com.au/refresher-courses>

Will I receive a certificate after completing an MHFA course?

ALL participants will receive a certificate of completion after completing an MHFA course, regardless of the course type and delivery format.

If you have completed one of the core MHFA courses (Standard, Youth, Older Person or Aboriginal and Torres Strait Islander MHFA), then you will also be eligible to apply for a certificate of accreditation.

To become an Accredited MHFAider, you will sit a post-course online exam that will test your mental health first aid knowledge.

Once you have successfully passed this exam, you will receive your certificate of accreditation via email.

Please note that it is not mandatory to complete the accreditation exam.

How do I sign up to an MHFA course?

There are two ways that you can book yourself into an MHFA course:

1. Book onto a public MHFA course:

- To find an upcoming public MHFA course, visit our the MHFA course calendar below:

<https://mhfa.com.au/courses/public>

2. Find an MHFA Instructor:

- If you are looking to train a large group of friends/community members/co-workers, you can liaise with an Accredited MHFA Instructor directly to discuss your training needs.
- Use our Instructor search engine below to find an Instructor in your area, and contact them directly for a quote and course details:

<https://mhfa.com.au/instructors>

Where can I find out more information?

If you would like to connect with a member of our team to discuss you MHFA training plans, please contact our engagement teams below:

MHFA Workplace Engagement Team: workplaces@mhfa.com.au

MHFA Community Engagement Team: community@mhfa.com.au

MHFA School and University Engagement Team: schools@mhfa.com.au

For more FAQs and answers, visit:

<https://mhfa.zendesk.com/hc/en-us>