

Mental Health First Aid

Standard MHFA | Youth MHFA | Teen MHFA | Older Person MHFA | Aboriginal and Torres Strait Islander MHFA

1 in 5 Australian adults experiences a mental illness in any given year. Mental ill health costs Australian workplaces \$4.7 billion in absenteeism, \$1.6 billion in presenteeism and \$146 million in compensation claims per year. Only 22% of full-time workers with signs of common mental illness receive treatment for their mental health problems.

Learn Practical First Aid Skills

Mental health first aid (MHFA) is an evidence-based training course which gives your employees the skills and confidence to have supportive conversations with their co-workers and help guide them to professional help if needed. It has been shown to increase knowledge, confidence, helping behaviours, and reduce stigma. The Mental Health First Aid course is a highly interactive programme with videos, workshop exercises, group discussions and informative material content.

The MHFA course covers signs, symptoms, and evidence-based treatments for the following common conditions

- Depression and Mood Disorders
- Anxiety Disorders
- Psychotic Disorders
- Substance use disorders



The MHFA course also provides first aid guidelines for the following crises situations:

- Suicidal thoughts, feelings or behaviours
- Panic attacks and Traumatic events
- Severe psychotic episodes
- Intoxication and Aggression



Become a Mental Health First Aider

People who attend MHFA training can complete an online assessment to be accredited for 3 years as a Mental Health First Aider. Just like appointing physical first aid officers, many organisations choose to appoint accredited Mental Health First Aiders to the role of MHFA officer within the workplace.

Delivery Methods



Face to Face: 2 day programme with a maximum 20 participants.



Blended: Half day face to face and 5-7 hrs online self-paced eLearning. A minimum of 6 and maximum of 12 participants.



Online: 2 x 2.5 hrs online facilitated programme via video conference & 5-7 hours of self-paced eLearning. A minimum of 6 and maximum of 12 participants.

Benefits to organisations

- Greater awareness of mental health
- Better promotion of mental health in the workplace
- Peer Support Network
- Reduced absenteeism and presentism
- Increased productivity



Key Outcomes from Training

- KNOWLEDGE - Increased mental health literacy
- CONFIDENCE - Increased confidence in providing mental health first aid
- DE-STIGMATISING - Decreased stigmatising attitudes
- SUPPORT - Increased support provided to others within the workplace

Benefits of HSE Global Facilitation

HSE Global will work with your organisation to determine the best delivery method and how MHFA training aligns with your Mental Health and Wellbeing strategic plan.

HSE Global facilitators have

- Decades of industry experience
- Post Graduate mental health qualifications
- Dynamic and engaging facilitation styles
- Trained over 20,000 participants in mental health awareness



Refresher Training

The refresher course allows people who have previously completed a MHFA course to refresh their knowledge and skills and an opportunity to extend their accreditation for a further 3 years. Participants will gain an understanding of the latest research in the mental health field, learn the 3 key actions to help someone experiencing suicidal thoughts and behaviours, and work through complex mental health first aid interactions.

“Run over two days, I personally learned that nearly everything I had done or thought in the past about Mental Health, though well intentioned, was wrong! I would recommend the course, not just for Managers, but for all people.”

For more information

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