



**MENTAL HEALTH
FIRST AID®**
Australia

Youth Mental Health First Aid Instructor Training

The Youth Mental Health First Aid Instructor Training Course equips adults with the knowledge and skills to deliver Youth MHFA courses to other adults.

It empowers individuals to educate others about mental health, reduce stigma and promote early intervention and support for young people experiencing mental health problems.



Make a difference

Improve outcomes for young people experiencing mental health problems.



Improve the capacity for community care

Equip adults with the skills needed to intervene early and offer support to a young person when it matters most.



Enhance your knowledge

Strengthen your knowledge, communication skills and crisis intervention techniques.



Join a global movement

Contribute to improving mental health, reducing stigma and creating a more compassionate and informed society.

Why attend a Youth Mental Health First Aid Instructor Training Course?



Educate others about mental health, reduce stigma, and increase support for young people experiencing mental health problems.



Play an important role in improving capacity for community-led care in schools and communities nationwide.


What you'll learn

Instructor Training Courses teach participants how to operate as a Licensed MHFA Instructor and how to deliver Mental Health First Aid courses following the specified course content and structure.

Participants learn about mental health statistics and the evidence that underpins the delivery of Youth MHFA training. With a focus on facilitation, participants learn a comprehensive set of skills to educate adults who teach, care for or support young people, on how to apply mental health first aid.

Course participants also learn instructional techniques, including the use of teaching materials, facilitating discussions, managing group activities and application of the MHFA practical action plan.

**Anyone can have a conversation that may save a life.
Everyone should know how.**



The backbone of Mental Health First Aid Australia's national course dissemination is a network of Licensed Instructors, passionate about improving the mental health of their communities.

Duration & Format

The 5-day intensive training course is delivered face-to-face by an MHFA Master Trainer. There are two options when it comes to becoming a Licensed MHFA Instructor*:

Attend a Public Instructor Training Course	Organise Private Instructor Training Course
Individuals or groups smaller than 10 can enrol to attend a publicly listed Instructor Training Course.	Groups larger than 10 can organise a private Instructor Training Course at a mutually agreed venue.

*Licensed MHFA Instructors are not employees of Mental Health First Aid Australia. They either work as an independent licensee delivering MHFA courses in workplace, school, tertiary and community-based settings OR are an internal to an organisation and deliver MHFA training to students, co-workers or other individuals supported by the organisation.



Eligibility

Whether you attend a public or private Instructor Training Course, applicants must meet the following selection criteria:

- Be a current Accredited Youth MHFAider
- Have a good knowledge of mental health problems in young people, their treatments and support services
- Excellent group facilitation, communication, and interpersonal skills
- Personal or professional experience supporting young people with mental illnesses
- Hold a valid Working with Children Check from your relevant state/territory of residence



The Application Process

Applicants must complete an application a minimum of 4 weeks prior to the commencement of the Instructor Training Course.



Take the next step

Visit our Youth MHFA Instructor Training Course page at: mhfa.com.au OR contact us at: mhfa@mhfa.com.au to learn more about becoming a Licensed MHFA Instructor.