

Mental Health First Aid for Secondary Schools



MENTAL HEALTH
FIRST AID®
Australia



Schools that prioritise mental health can empower students, parents, carers and staff to contribute to a compassionate and caring school community where everyone can thrive.

During the high school years, mental health problems are among the leading causes of falling grades, problems with friends and relationships and substance misuse, and they can have a lifelong impact.

It is also important to recognise that it is not just students that may need support. For many teachers the day-to-day effects of coping with student relationships, managing classroom dynamics, co-worker and parent relationships, together with workload and time pressure can lead to physical and mental ill-health.

Understanding how to talk about mental health and having the confidence and knowledge to help someone in need are important skills that everyone in your school community can learn.

This is where Mental Health First Aid Training can help

Mental Health First Aid Australia offers a suite of early-intervention education courses that increase mental health literacy and teach the practical skills needed to support someone experiencing a mental health problem or mental health crisis.

Mental Health First Aid (MHFA®) training equips students and staff with the knowledge and confidence to recognise, understand and respond to a friend, colleague or other adult who may need information or support.

What is mental health first aid?

Most people are familiar with physical first aid and the idea that when you attend a physical first aid course, you learn the skills and knowledge required to recognise and respond to life-threatening emergencies and provide a first aid response to a casualty across a range of different situations.

Mental Health First Aid training adopts a similar approach. Our courses teach participants about the different types of mental illness and through our practical action plan you learn the skills to recognise and respond to someone experiencing a mental health problem or mental health crisis.

Mental Health First Aid training helps staff and students to:



Intervene early

Recognise the warning signs of mental health problems.



Offer support

Learn the skills to speak openly and accurately about mental health.



Respond in a crisis

Respond across a range of crisis situations where a person may be at risk of harm.



Reduce stigma

Reduce stigma and increase support for someone experiencing and living with mental health problems.



1 in 7

Young people experience a mental disorder in any given year.¹



2 in 5

Young adults aged 16-24 experienced a mental health problem in the last 12 months.²



Mental Illness

Young people are less likely than any other age group to seek professional help.³

¹The Mental Health of Children and Adolescents. Report on the second Australian Child and Adolescent Survey of Mental Health and Wellbeing, 2015

²National Study of Mental Health and Wellbeing, 2022

³The Mental Health of Australians 2: Report on the 2007 National Survey of Mental Health and Wellbeing, 2009



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I feel better prepared to recognise, respond to and advise on mental health problems in my students and my school environment.

Find the training that's right for you

Youth MHFA	Youth Aboriginal and Torres Strait Islander	Teen MHFA	Standard MHFA	Aboriginal and Torres Strait Islander
This 14-hour course teaches adults how to support a young person (aged 12-18)	This 14-16 hour course teaches adults how to support young Aboriginal and Torres Strait Islander people (aged 12-18)	Over 3 classroom sessions, this course teaches young people how to support a friend or classmate	This 12-hour course teaches adults how to support a friend, family member, co-worker, or other adult	This 14-hour course teaches adults how to support an Aboriginal or Torres Strait Islander friend, family member, co-worker or other adult
Available in Face-to-Face, Blended Face-to-Face, and Blended Online delivery	Available in Face-to-Face, Blended Face-to-Face, and Blended Online delivery	Available in Face-to-Face delivery	Available in Face-to-Face, Blended Face-to-Face, and Blended Online delivery	Available in Face-to-Face, and Blended Online delivery



Face-to-Face

Led by a Licensed MHFA Instructor.



Blended Face-to-Face

Self-paced eLearning followed by a face-to-face session.



Blended Online

Self-paced eLearning followed by video conferencing sessions.

All sessions are delivered by a Mental Health First Aid Australia trained and Licensed Instructor.

Take the next step

Once you've chosen the course that's right for you, the next step is to choose how to deliver the training. There are several options available:



Book a public course

Individuals or small groups wanting Youth or Standard MHFA training can register to attend a publicly listed course. Visit your preferred course page at mhfa.com.au to book.



Organise in-house training

Mental Health First Aid Australia has a network of 3,000+ trained and Licensed Instructors with local and place-based knowledge. For schools wanting to deliver Teen, Youth or Standard MHFA to a larger group, you can find a Licensed Instructor to deliver private training in-house. Visit your preferred course page at mhfa.com.au to organise.



Train a staff member to become an Instructor

Training a staff member to become a Licensed MHFA Instructor can be a cost-effective and sustainable way to embed MHFA training within your school. By training staff members to become Licensed Instructors, MHFA courses can then be delivered to staff and students on an ongoing basis. Learn more: mhfa.com.au

Why choose Mental Health First Aid Australia?



Evidence-based



Rigorously evaluated



Internationally recognised



The Schools' Engagement Team is here to help and support you at any stage of your MHFA training journey. Get in touch via email at schools@mhfa.com.au

learn more mhfa.com.au/schools