



**MENTAL HEALTH  
FIRST AID®**  
Australia

# Teen Mental Health First Aid Instructor Training

The Teen Mental Health First Aid Instructor Training Course equips adults with the knowledge and skills to deliver Teen MHFA courses to secondary school students.

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 young people with the skills needed to intervene early and offer support to a friend or classmate 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 Teen Mental Health First Aid Instructor Training Course?**



Educate young people about mental health, reduce stigma, and increase support for teens 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 Teen MHFA training. With a focus on facilitation, participants learn a comprehensive set of skills to effectively teach secondary school students how to apply mental health first aid to a classmate or friend.

Course participants also learn instructional techniques, including the use of teaching materials, facilitating discussions, managing group activities and application of the Teen 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 4-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 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 with young people
- 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 Teen MHFA Instructor Training Course page at: [mhfa.com.au](http://mhfa.com.au) OR contact us at: [mhfa@mhfa.com.au](mailto:mhfa@mhfa.com.au) to learn more about becoming a Licensed MHFA Instructor.