



**MENTAL HEALTH
FIRST AID®**
Australia

Aboriginal and Torres Strait Islander Mental Health First Aid Instructor Training

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

It empowers individuals to educate others about mental health, reduce stigma and promote early intervention and support for Aboriginal and Torres Strait Islander adults who may be experiencing mental health problems.



Make a difference

Improve outcomes for Aboriginal and Torres Strait Islander adults experiencing mental health problems.



Improve the capacity for community care

Equip adults with the skills needed to intervene early and offer support to an Aboriginal and/or Torres Strait Islander adults 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 an Aboriginal and Torres Strait Islander Mental Health First Aid Instructor Training Course?



Educate others about mental health, reduce stigma, and increase support for Aboriginal and Torres Strait Islander adults experiencing mental health problems.



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

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


What you'll learn

Instructor Training Courses teach participants how to operate as a Licensed MHFA Instructor and how to deliver Aboriginal and Torres Strait Islander MHFA courses following the specified course content and structure.

Participants learn about mental health problems in community, statistics and the evidence that underpins the delivery of Aboriginal and Torres Strait Islander MHFA training.

Adding to their existing facilitation skillset, participants also learn instructional techniques, including the use of teaching materials, facilitating discussions, managing group activities and application of the MHFA practical action plan.

This strengths-based course has been developed and reviewed in consultation with Australia's First Nations people. The course ensures that participants are grounded in social and emotional well-being from an Aboriginal and



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 Aboriginal and Torres Strait Islander MHFA Master Trainer. There are two options when it comes to becoming a Licensed Aboriginal and Torres Strait Islander 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 they 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 Aboriginal and Torres Strait Islander criteria:

- Identify as being of Aboriginal and/or Torres Strait Islander descent
- Have a good knowledge of of social and emotional well-being and mental health problems experienced by Aboriginal and Torres Strait Islander people, including available treatments and support services
- Excellent group facilitation, communication, and interpersonal skills
- Personal or professional experience supporting Aboriginal and/or Torres Strait Islander people with social and emotional well-being and mental health problems
- Hold a valid Working with Children Check from your relevant state/territory of residence
- Respectful attitudes towards Aboriginal and Torres Strait Islander people with mental health problems



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 Aboriginal and Torres Strait Islander MHFA Instructor Training Course page at: mhfa.com.au OR contact us at: amhfa@mhfa.com.au to learn more about becoming a Licensed MHFA Instructor.