



**MENTAL HEALTH
FIRST AID®**
For Anyone. For Everyone.®

Mental Health First Aid in Victorian Government Schools

Adolescence is a time of important change and development. It is also a time when mental health problems such as depression and anxiety first emerge.

During the high school years, mental health problems can negatively affect students' grades, attendance, relationships, physical and psychological development, all of which can have a lifelong impact.

Schools are an amazing source of support for teens and their families but they can also be a source of strain or stress, and it is often in schools where symptoms of mental health problems are first identified.

This is where Mental Health First Aid® can help

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

Increasing mental health literacy within whole school communities through targeted training, helps increase teacher, staff and student resilience.

Mental Health First Aid (MHFA™) training equips people with the knowledge and confidence to approach or respond to students or peers who may need information or support. The impact of that first supportive conversation for any individual, and in particular a young person, in a time of need can be profound.

What is Mental Health First Aid?

Mental health first aid is the initial help offered to someone who is experiencing a mental health problem or a mental health crisis until appropriate professional help is received or the crisis resolves.

Accessing MHFA Training through the Mental Health Menu

There are three MHFA training courses currently published by the Victorian Department of Education and Training on the Mental Health Menu, which schools can deliver using their allocated funding:

Youth MHFA

Teaches adults the skills to support young people.

Youth Aboriginal and Torres Strait Islander MHFA

Teaches adults to support Aboriginal and Torres Strait Islander young people.

Teen MHFA

Teaches students in Years 7–9 and 10–12 how to offer support to their peers and seek appropriate help from a trained adult where required.

It is important to note that Teen MHFA training can only be delivered once 10% of all staff have completed Youth MHFA training. The Teen MHFA course must also be delivered to a whole student cohort e.g. all Year 9 students.

"In my nine years of teaching this is probably the best and most useful Professional Development I have done."

St Augustine's College Staff Member

It is estimated that in the last 12 months:



1 of 5

students received informal support from a school staff member for an emotional or behavioural problem¹



1 in 7

young people (aged 4–17) were assessed as having a mental disorder equating to 560,000 children and adolescents¹

¹ Australian child and adolescent survey of mental health and wellbeing, 2015



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Course Delivery Modes Available

Teen MHFA training is 3.5 hours long and delivered via 3 face-to-face classroom sessions with an accredited MHFA Instructor.

Youth MHFA and Youth Aboriginal and Torres Strait Islander MHFA training can be delivered 1 of 3 ways to best suit your staff needs:



Face-to-Face: A 2-day course led by an accredited MHFA Instructor.



Blended Face-to-Face: Combines self-paced eLearning followed by a face-to-face training session led by an accredited MHFA Instructor.



Blended Online: Combines self-paced eLearning and video conferencing sessions led by an accredited MHFA Instructor.

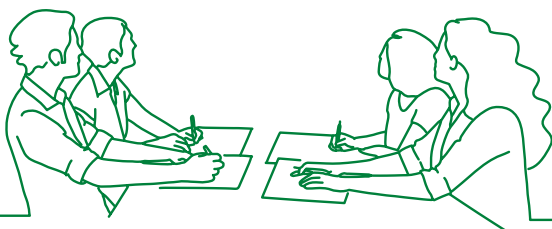
Our Instructors

Mental Health First Aid Australia has created a database of current and active MHFA Instructors who will deliver MHFA training at a fixed price.

To connect with an Instructor and book a MHFA course, phone (03) 9079 0290 or email mentalhealthmenu@mhfa.com.au

"I feel more confident in responding to mental health problems that occur at school, with students, parents, volunteers and staff."

Youth MHFA Participant



learn more community.mhfa.com.au/doe-vic/

Building Capacity in your School Community through Instructor Training

Mental Health First Aid Australia trains and accredits eligible individuals as MHFA Instructors, who then deliver Mental Health First Aid training courses in their school communities.

Schools can use their allocated Mental Health Menu funding to train eligible staff as Youth and/or Teen MHFA Instructors.

Our unique Instructor training model is a cost-effective and sustainable way to embed MHFA training within school communities. By funding staff members to become accredited MHFA Instructors, MHFA courses can then be delivered to staff, parents and students on an on-going basis.

Learn more about MHFA Instructor training: community.mhfa.com.au/doe-vic/

Access and Funding

Victorian Government Department of Education and Training schools can utilise their Mental Health Menu funds to deliver Youth MHFA, Youth Aboriginal and Torres Strait Islander MHFA and Teen MHFA training courses.

Evidence-Based MHFA Training

MHFA training is a cost-effective early intervention program that supports and mobilises whole school communities to take a proactive approach to mental health education in schools.

The School and University Engagement Team are here to help and support schools and Departments of Education at any stage of their MHFA training journey.

Get in touch via email at mentalhealthmenu@mhfa.com.au

Why choose Mental Health First Aid?

- ✓ Evidence-based
- ✓ Rigorously evaluated
- ✓ Internationally recognised
- ✓ Award winning
- ✓ 4+ million people trained worldwide
- ✓ MHFAider™ support network

MHFA training helps whole school communities to:

Intervene Early and recognise the warning signs of mental health problems

Learn Skills needed to speak openly and accurately about mental health

Respond in Crisis situations where a person may be at risk of harm

Reduce Stigma and increase support for people with mental health problems

Learn about MHFA in Action by visiting our case studies page:

workplace.mhfa.com.au/case-studies

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