



Aboriginal and Torres Strait Islander Mental Health First Aid Programs

Established in Australia, Mental Health First Aid International is a global health promotion charity dedicated to providing evidence-based and evidence-informed education programs.

We are working towards a world where we all have the skills to support someone experiencing a mental health problem.



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Just like physical first aid, MHFA equips individuals with the skills to provide initial support to those experiencing mental health problems, serving as a bridge to professional care.

Creating a circle of safety and support in communities



7 million+
people trained across
30 countries worldwide



30 countries
delivering MHFA
training worldwide



1.4 million
people trained
in Australia



**MENTAL HEALTH
FIRST AID**

For Anyone. For Everyone.



Aboriginal and Torres Strait Islander MHFA Instructor Training

Become an Instructor

Train to become a Licensed MHFA Instructor, to deliver Aboriginal and Torres Strait Islander MHFA training in schools, tertiary institutions, workplaces and communities nationwide.

Our Instructor Training Courses empower Aboriginal and Torres Strait Islander adults with the relevant skills and experience to educate communities about mental health, reduce stigma and promote early intervention and support for Aboriginal and Torres Strait Islander peoples who may be experiencing mental health problems.

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It is not unusual to deliver these courses in a community, and be told of an instance where the information I have taught has saved a life.

- Aboriginal and Torres Strait Islander MHFA Instructor



Make a difference

Improve outcomes for Aboriginal and/or Torres Strait Islander peoples experiencing mental health problems.



Enhance your knowledge

Strengthen your knowledge, communication skills and crisis intervention techniques.



Increase community care

Equip people with the culturally informed skills needed to intervene early and offer support to an Aboriginal and/or Torres Strait Islander peoples when it matters most.



Join a global movement

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

Instructor pathways

MHFA Instructors can work either as independent licensees that deliver Aboriginal and Torres Strait Islander MHFA training in educational settings, workplaces or communities, or as employees that deliver MHFA training to colleagues or individuals within their organisation.

Duration & Format

The 5-day intensive training course is delivered face to face by our experienced Trainers. You can:

- **Attend a public instructor training course:** Suitable for individuals or groups smaller than 10
- **Organise a private instructor training course:** Suitable for groups of 10 or more

Take the next step

Visit our website to find out more about benefits to individuals and workplaces and to become an Instructor: www.mhfa.com.au/become-an-instructor.

Contact us at amhfa@mhfa.com.au to arrange private Instructor training.



All sessions are led by trained and Licensed Aboriginal and Torres Strait Islander Trainers

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This course has really provided me with a lot of knowledge and confidence in understanding mental health first aid for First Nations peoples.

Aboriginal and Torres Strait Islander MHFA Courses

Choose from a range of evidence-based core courses to empower and mobilise everyone with the knowledge, skills and confidence to offer support to Aboriginal and Torres Strait Islander peoples who may be experiencing an emerging or worsening mental health problem.

Courses are suitable for individuals, workplaces, schools, and volunteer and community-based groups, and are open to both Aboriginal and Torres Strait Islander peoples and non-Indigenous people. Our courses are strengths-based and have been developed by and reviewed in consultation with Australia's First Nations peoples. Each course ensures participants are grounded in social and emotional well-being and looks at mental health problems in community, self-care and cultural considerations and safety from an Aboriginal and Torres Strait Islander perspective, equipping them with the skills to provide mental health first aid in a culturally informed way.

Instructors are able to draw on their own unique and instrumental local cultural knowledge to enrich the content. Courses consider local perspectives and experiences and utilises lived experience stories and Aboriginal and Torres Strait Islander photography, film, and art works. This representation matters and leads to better outcomes for those participating in training and the people they go on to support.



Intervene early

Recognise the warning signs of mental health problems.



Offer support

Learn the skills to have an open, supportive conversation about mental health and wellbeing.



Respond in a crisis

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



Reduce stigma

Reduce stigma and increase supports for people experiencing and living with mental health problems.

Aboriginal and Torres Strait Islander MHFA

- Adults Supporting Adults

This course equips adults with the knowledge, confidence and practical skills to recognise and respond to Aboriginal and Torres Strait Islander adults experiencing a mental health problem or mental health crisis.

Duration: 14 hours

Format: Face-to-Face, Blended Online, Blended Face-to-Face

Youth Aboriginal and Torres Strait Islander MHFA

- Adults Supporting Young People

This course equips adults who teach, care for or support Aboriginal and Torres Strait Islander young people with the practical skills, knowledge, and confidence to recognise and respond to a young person experiencing a mental health problem or mental health crisis.

Duration: 14-16 hours

Format: Face-to-Face, Blended Online, Blended Face-to-Face

Youth Yarns MHFA

- Teen Peer-To-Peer Support

This course equips and empowers young people aged 12-17 with the practical skills, knowledge and confidence to recognise, respond, and support an Aboriginal or Torres Strait Islander friend or classmate who may be experiencing a mental health problem or mental health crisis. Being released at the beginning of 2025.

Duration: 6 hours

Sessions: Can be delivered over 1-3 days

Format: Face-to-Face



Become an MHFAider

After completing a core course, you can participate in a short assessment to become an Accredited MHFAider. Accreditations are valid for 3 years.



These courses are recognised by Suicide Prevention Australia as safe, high-quality, and effective suicide prevention programs.



Aboriginal and Torres Strait Islander Specialised Courses

Our Aboriginal and Torres Strait Islander specialised courses are designed for adults supporting adults. Delivered face-to-face over five hours, these courses build on the knowledge and skills from our core programs, focusing on key areas of social and emotional wellbeing.

Currently we have the following specialist courses available:



Talking about Gambling
Supporting Aboriginal and Torres Strait Islander people experiencing a gambling problem.



Talking about Suicide
Supporting Aboriginal and Torres Strait Islander people experiencing suicidal thoughts and behaviours.



Talking about Non-Suicidal Self-Injury
Supporting Aboriginal and Torres Strait Islander people engaging in non-suicidal self-injury.



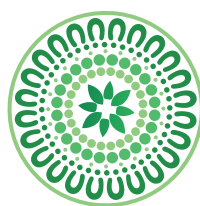
Evidence-based
MHFA education programs are backed by 25 years of high-quality research and evaluation.



Rigorously evaluated
Evaluations consistently show MHFA courses improve participants' mental health literacy, confidence and readiness to support those in need.



Informed by lived experience
All courses are informed by people with lived experience, their caregivers and professional experts.



Culturally informed by Aboriginal and Torres Strait Islander perspectives.
All courses are developed and reviewed by and in consultation with Aboriginal and Torres Strait Islander peoples.

Start your Mental Health First Aid journey today

Learn more at mhfa.com.au or get in touch with our Aboriginal and Torres Strait Islander Programs Team at amhfa@mhfa.com.au

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



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