

# Charter of Rights

This Charter of Rights outlines what you, and others, can expect when engaging with Mental Health First Aid® in Australia. It also applies to everyone, in every place where our training is delivered, to ensure a safe, respectful and supportive experience.

## Respect and Dignity

You have the right to be treated with respect, fairness, and dignity - regardless of your background, culture, identity, or mental health status.

## Culturally Responsive Engagement

You have the right to education that is inclusive of culture, language, identity, and lived experience.

## Safety and Support

You have the right to feel emotionally and psychologically safe during training and engagement.

## Accessible and Inclusive Learning

You have the right to access education designed for diverse needs, including ability, language, and learning styles.

## To Be Heard

You have the right to provide feedback, raise concerns, and have your voice acknowledged respectfully.

## Privacy and Confidentiality

You have the right to expect that your personal information will be handled securely and ethically.

## Quality and Evidence-Based Education

You have the right to training that is grounded in research and evaluation, and delivered by licensed instructors.

## Non-Judgemental Learning

You have the right to explore sensitive topics in a supportive, respectful, and curious environment.