

Global Impact Report

2025



MHFA
International
Summit
2025

**GLOBAL CONNECTIONS.
GLOBAL IMPACT.**

14-15 JUNE 2025 VIENNA, AUSTRIA



MENTAL
HEALTH
FIRST AID
INTERNATIONAL

pro mente | austria



**MENTAL HEALTH
FIRST AID**
INTERNATIONAL

Welcome from the Chair and CEO

We are pleased to present the **2025 Impact Report for Mental Health First Aid International Ltd, marking 25 years since the creation of Mental Health First Aid (MHFA).**

First developed by our organisation's founders, Betty Kitchener AM and Emeritus Professor Tony Jorm, MHFA began as a simple idea – that mental health should be afforded the same importance as physical health. Since the first course was delivered in Australia over 25 years ago, a global movement has been built.

As a health promotion charity leading this global movement, MHFA International exists to give more people the skills and confidence to have conversations about mental health and wellbeing with friends, family, or co-workers. Our empowering and evidence-based programs are delivered in workplaces, education settings and diverse communities.

A key milestone to set the stage for our 25th anniversary was the launch of our new 2024–30 Strategic Plan, which sets ambitious goals to expand the reach of MHFA globally, to benefit more people and communities. Almost 9 million people around the world have been trained in MHFA, and by 2030 we are aiming to reach 12 million, including 3 million in Australia.

This plan comes at a pivotal time for mental health, as global and national reports sound the alarm on growing pressures – from economic uncertainty and climate anxiety to social disruption and unrest. The calls for early intervention and prevention are getting louder, and the need for effective, scalable solutions is growing in urgency.

MHFA International is responding. In 2025, more than 1 million people worldwide completed MHFA training. In Australia, a record 140,600 people were trained – the highest annual participation to date. Each represents someone now equipped to provide initial support and assist in a crisis – strengthening early intervention, reducing stigma, and easing pressure on overburdened health systems.

Sadly, the end of 2025 was marked by the terrorist attack at Bondi Beach in Sydney, Australia where 15 members of the Jewish community were killed. In the wake of this tragedy, MHFA International worked with its partner organisation MHFA Israel to support those impacted through the distribution of revised MHFA Guidelines for Traumatic Events and provision of free MHFA training for more than 500 members of the Jewish community across Australia.

In Australia, targeted government funding has helped strengthen support for priority groups. For example, funding from the Department of Health, Disability and Ageing will see up to 110,000 students trained in MHFA for Health Professional Students program. Sustained investment, however, remains essential to deliver MHFA at scale and reach those who need it most. We are actively working to secure this investment, engaging with governments and the wider community to channel more resources towards this important work.

Our fundraising efforts launched this year are focused on growing the Aboriginal and Torres Strait Islander MHFA Program to equip more Australians to provide culturally responsive support. This aligns with our first Reflect Reconciliation Action Plan, launched this year as a formal commitment to learn from the wisdom of Australia's First Peoples and embed culturally safe, respectful practice across everything we do.

2025 was a year of connection and community to mark 25 years of the MHFA movement. We hosted the inaugural MHFA Gala Dinner in August 2025 attended by more than 200 guests, and the National MHFA Instructor Summit in Brisbane to bring Instructors together to celebrate 25 years of leadership. We also marked the first-ever MHFA Day with the inaugural MHFA Gala Dinner, generating engagement across 15 countries, participation from hundreds of workplaces, and a global social media reach of 2.2 million.

It was also a year of international collaboration, innovation and momentum – driving our work forward

and amplifying our impact. In June, partners from 25 countries gathered for the International Summit in Vienna, where a key theme emerged: "If you want to go fast, go alone. If you want to go further, go together". This is the same foundation on which MHFA was built 25 years ago.

A commitment to best practice governance underpins the work of MHFA International, and 2025 saw a number of changes to our Board. We were pleased to welcome new non-executive directors to our Board, contributing valuable and diverse skills and expertise. Our co-founder, Professor Tony Jorm, retired as a non-executive director in June 2025, after many years of dedicated service, including as the previous Chair.

MHFA International celebrated Professor Tony Jorm's and Betty Kitchener AM's immense contributions as guests of honour at the MHFA Gala Dinner, was a fitting occasion to thank them for their dedication and service.

This MHFA movement is, and always has been, powered by the collective contribution of each of you – the MHFAiders, Instructors, Trainers, partners and providers. It is your effort that gives hope, saves lives, and ensures everyone can have the skills to support others when it matters most. Thank you for everything you do to create circles of safety and support around the world.



Krystian Seibert
Board Chair,
Mental Health First Aid
International



Angus Clelland
CEO,
Mental Health First Aid
International

About us

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

Established in Canberra 25 years ago, our mission is to increase mental health literacy, reduce stigma, and help individuals develop the skills needed to encourage people to seek professional help.

We are leading a global movement dedicated to prevention and early intervention, striving to reduce the impact of psychological distress and

mental health problems in individuals, families, communities, educational settings and workplaces worldwide.

Purpose-driven and impact-focused, our work is firmly grounded in high-quality research and evaluation and guided by the voices of lived experiences.

We are committed to promoting health equity and supporting priority-need populations, and exist to change and save lives every day.



Pictured: Ebony Whitehouse (Executive Director, Australian Operations MHFAI), Professor Dr Chang (National Taiwan University), Dr Anat Wilson (Research & Evaluation Manager, MHFAI), Phoebe Tran (International Secretariat Coordinator, MHFAI), Angus Clelland (CEO, MHFAI)



36 partners

delivering MHFA in 51 countries



8.9 million

people trained worldwide



59,400+

Instructors worldwide



1.6 million

Australians trained



3,200

Instructors in Australia



70,000

Australians trained in Aboriginal and Torres Strait Islander MHFA (AMHFA)

Our Strategic Pillars



1. Research, Quality and Innovation

We will invest in research, curriculum design, quality, and innovation to deliver high-impact mental health education services worldwide.



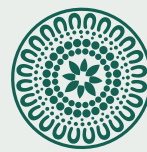
2. Global Impact

We will increase our impact by supporting the expansion of MHFA program delivery through partnerships across the globe.



3. Local Reach

We will support, grow, and mobilise the Australian MHFAider and Instructor networks to bring MHFA programs to every community, workplace and educational setting and to support mental health reform.



4. Aboriginal and Torres Strait Islander Peoples

We are committed to reconciliation and will prioritise and promote the mental health and social and emotional wellbeing of Australia's First Peoples.



5. Lived Experience

We will promote lived experience in the leadership, design, and delivery of everything we do.



6. Public Policy and Advocacy

We will work with our partners to ensure that MHFA training is incorporated into government prevention and early intervention strategies across the globe.



7. Sustainability

We will use resources efficiently and responsibly and always encourage continuous improvement and innovation, enabling people to achieve their best.

The global community



- Australia**
Mental Health First Aid Australia
- Austria**
pro mente Austria
- Bangladesh**
Innovation for Wellbeing Foundation
- Bermuda**
Atlantic Wellness Institute
- Canada**
MHFA Canada – Mental Health Commission of Canada
- Cayman Islands**
Alex Panton Foundation - Addison Kelly Mental Health Education Fund
- Cook Islands**
Te Pou
- Czech Republic**
League for Mental Health
- England**
MHFA England
- Fiji**
Te Pou
- Finland**
Mieli Mental Health Finland
- France**
Premiers Secours en Sante Mentale France
- Germany**
MHFA Ersthelfer
- Hong Kong**
Mental Health Association of Hong Kong
- India**
MHFA India and MPower Minds
- Indonesia**
Naluri
- Italy**
Richmond Foundation
- Ireland**
MHFA Ireland

- Israel**
OGEN - Association for the Advancement of Mental Health
- Japan**
MHFA Japan
- Kiribati**
Te Pou
- Luxembourg**
D'Ligue, Service Information & Prévention
- Macau**
Mental Health Association of Hong Kong
- Malaysia**
Malaysian Mental Health Association
- Malta**
Richmond Foundation Malta
- Mongolia**
MHFA Mongolia

- Netherlands**
MHFA Nederland
- New Zealand**
Te Pou
- Niue**
Te Pou
- Northern Ireland**
Public Health Agency Northern Ireland
- Papua New Guinea**
Te Pou
- Samoa**
Te Pou
- Scotland**
Public Health Scotland
- Saudi Arabia**
National Committee for Mental Health Promotion
- Singapore**
Intellect
- Slovakia**
League for Mental Health

- Solomon Islands**
Te Pou
- Sweden**
National Center for Prevention of Mental Ill-Health at Karolinska Institutet
- Switzerland**
Ensa / Pro Mente Sana
- Taiwan**
MHFA Taiwan
- Tokelau**
Te Pou
- Tonga**
Te Pou
- Trinidad and Tobago**
Kids in Need of Direction
- Tuvalu**
Te Pou
- Tunisia**
Mediterranean School of Health

- Ukraine**
League for Mental Health
- United Arab Emirates**
The Lighthouse Arabia
- United States of America**
National Council for Mental Wellbeing
- Vanuatu**
Te Pou
- Wales**
MHFA Wales

Year in review

2025



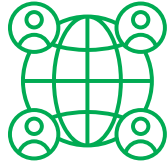
“MHFA is about breaking the stereotypes and stigma that still exist, especially in some culturally and linguistically diverse communities. Diminished mental health shouldn't be taboo – it's something we all experience as human beings.”

Sean, MHFAider

International



1,010,632
new people
trained globally



19
new countries
joined the
movement



25
partner countries
at the International
Summit

Australia



140,615
new people trained



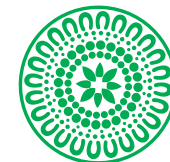
11,932
courses delivered



63
Instructor training
courses delivered



539
new Instructors
trained this year



5,756
new Aboriginal and
Torres Strait Islander
MHFA (AMHFA)
participants



561
AMHFA courses
delivered



26
new AMHFA
Instructors



4
AMHFA Instructor
training courses
delivered



7,500+
MHFA culturally
informed courses
delivered since
2007



1,000
Aboriginal and
Torres Strait
Islander trained
Instructors since
2007

Global impact



Hosted the International Summit Global Connections, Global Impact in Vienna with partners from 25 countries to strengthen collaboration and celebrate 25 years of impact. His Excellency Ian Biggs, Australian Ambassador to Austria, was the guest of honour and keynote speaker.



Welcomed new global partners in the Cayman Islands (Addison Kelly Mental Health Education Fund), Trinidad & Tobago (KIND Kids in Need of Direction), Mongolia (MHFA Mongolia), Indonesia (Naluri) and Tunisia (Mediterranean School of Health).



Expanded into the Czech Republic and Ukraine through the League for Mental Health Slovakia, into Italy through Richmond Foundation Malta, and into 11 Pacific Island countries through Te Pou.



Joined the US National Summit to celebrate 25 years of global MHFA and the milestone of 4 million people trained in the US.



Strengthened international ties through visits to partners across eight countries.



Launched the International Governance Working Group to explore strategies for global growth and sustainability.

Local reach



32 new MHFA Recognised Workplaces



312 total MHFA Recognised Workplaces



Launched the MHFAider Advisory Group with 10 dedicated members



Expanded the MHFAider Network by 71,400 to a total of 281,227 members



Hosted six MHFAider Network webinars, reaching 31,250 registrations

Pictured: Mark Gooneratne (Support Services Lead, MHFAI), Tianna Tayler (Youth MHFAider), and Jennifer Jasinski (Australian Operations Delivery Specialist, MHFAI)



Launched the new MHFAider Resource Hub



1,777 veteran community members trained through Mental Health Protect, funded by the Department of Veterans' Affairs



12,673 health professional students trained, in partnership with Medical Deans Australia and New Zealand



254 NSW residents trained in specialised MHFA courses through GambleAware, funded by NSW Office for Responsible Gambling



Aboriginal and Torres Strait Islander Peoples



Published our inaugural Reflect Reconciliation Action Plan



Launched a national awareness and fundraising campaign to support the growth of the Aboriginal and Torres Strait Islander MHFA Program



Produced five new videos of Instructors and MHFAiders to bring program stories to life



Attended the 4th Indigenous Wellbeing Conference in Aotearoa New Zealand, the Social and Emotional Wellbeing Forum in Melbourne, and the Gayaa Dhuwi National Conference in Darwin



Led discussions on global support for First Nations communities at the International Summit and the International Association for Suicide Prevention's 33rd World Congress

“By sharing my own lived experience in courses I deliver, I help participants feel safe enough to share theirs. That’s where the healing starts.”

Aunty Margaret, Aboriginal and Torres Strait Islander MHFA Instructor

Research, quality and innovation



38 new research papers on MHFA (34 peer reviewed)



Established Inaugural Evaluation and Research International Committee to drive program quality and measurable impact



Commenced work on the New Edition of Adult MHFA informed by lived experience and evidence



Developed and piloted new MHFA for Education Professionals course



Established new partnerships to commence innovative research on AI providing MHFA support

The 5th edition of the Adults Supporting Adults program marks a major shift in the course, moving towards a more transdiagnostic approach and greater focus on practical, skills-based learning. Comprehensive stakeholder consultation informed the direction of this edition and represents a major opportunity to deliver a state-of-the-art product that reflects current research, lived experience and global best practice.

Lived experience



Consulted with lived and living experience experts to inform the New Edition



Published lived experience stories and videos to increase understanding of mental ill-health



Developed a Lived and Living Experience Framework



Developed a strategy to introduce a National Lived and Living Experience Advisory Group in 2026

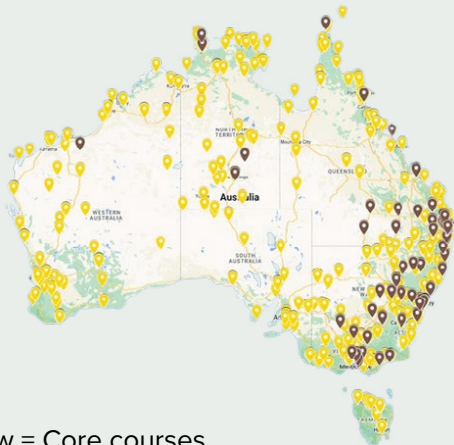


Aboriginal and Torres Strait Islander Program courses

Our Aboriginal and Torres Strait Islander program courses have been delivered in hundreds of communities – from remote regions to major cities – empowering individuals and organisations to support mental wellbeing and respond to mental health crises in culturally safe and informed ways.

Impact highlights

- Strengthening culturally responsive mental health and wellbeing practices
- Builds local and national capacity through community-led training
- Promotes reconciliation and inclusion
- Enhances early intervention, promotion and support networks



- Yellow = Core courses
- Brown = Specialised courses
- Core courses are the Aboriginal and Torres Strait Islander MHFA (adults supporting adults) and Youth Aboriginal and Torres Strait Islander MHFA (adults supporting young people) courses.
- Specialised courses are: Talking about NSSI, Talking about Suicide and Talking about Gambling

The artwork story

Aboriginal & Torres Strait Islander Perspectives: Interwoven Journeys of Mental Wellbeing

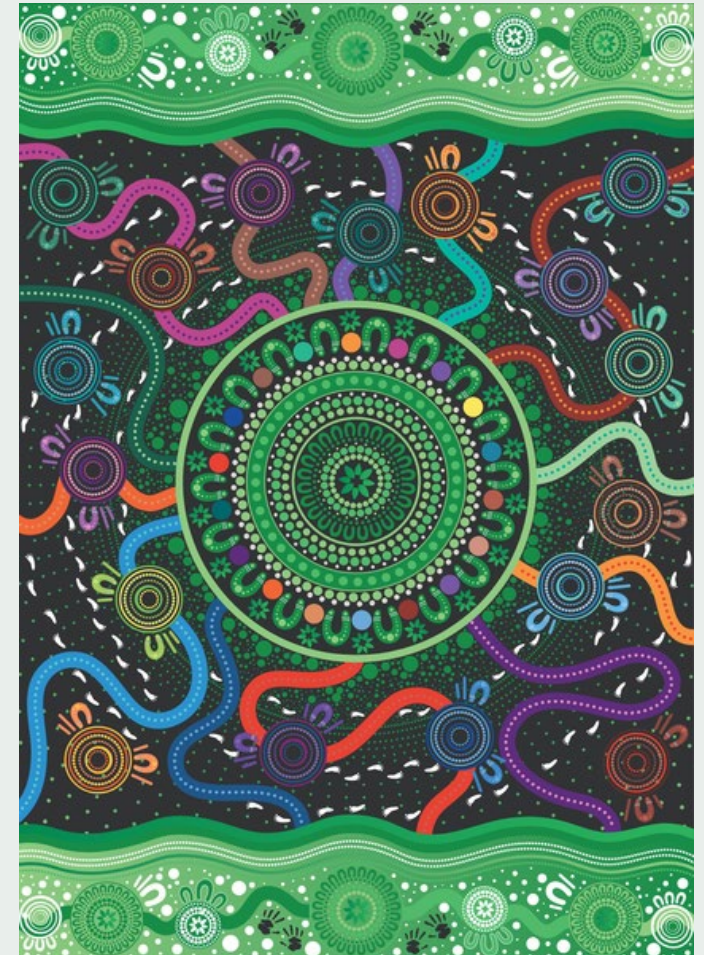
Lani Balzan, Wiradjuri woman and leading Aboriginal artist

This artwork was created for the Aboriginal and Torres Strait Islander Program team of Mental Health First Aid Australia with the aim of establishing a connection to Aboriginal and Torres Strait Islander peoples, promoting education, improving mental health literacy, and building capacity to support individuals experiencing mental health problems within these communities.

The centrepiece of the artwork is a symbol known in Aboriginal culture as the Gathering symbol. In Aboriginal culture, this symbol serves as a platform for the transmission of cultural knowledge, the maintenance of spiritual connections, and the reinforcement of community and identity among our people. It provides a space for cultural revitalisation, healing, and the preservation of ancestral traditions. In the context of the Mental Health First Aid Australia organisation, this gathering symbol represents a place where our people can receive further education on mental health.

Surrounding the centrepiece are 17 circles, symbolising the Mental Health First Aid courses. These circles are connected to the centrepiece by pathways, which represent the ongoing connection and journey one takes to deepen their education and understanding.

The footprints scattered throughout the artwork symbolise the numerous individuals and staff who work within the organisation to facilitate the courses and provide knowledge to all.



The top and bottom parts of the artwork, depicted in green, symbolise a continued connection to Aboriginal and Torres Strait Islander people. These sections include community symbols, the organisation's logo, and handprints that represent caring.

The colours used in the artwork align with the branding colours of Mental Health First Aid Australia.

Public policy and advocacy



Launched 25 years of MHFA with congratulations from the Hon Emma McBride, Assistant Minister for Mental Health and Suicide Prevention



Launched the Inaugural MHFA Day, reaching more than 2.2 million on social media



5.8 million website visitors



Sponsored key conferences including the National Suicide Prevention Conference (Perth), International Association of Suicide Prevention Global Congress (Vienna), TheMHS Conference (Brisbane)



Launched federally funded national programs in collaboration with Department of Veterans' Affairs, Medical Deans Australia and New Zealand, and the Department of Health, Disability and Ageing



Presented at 7 conferences to raise awareness of Mental Health First Aid in education settings, workplaces and communities

Pictured: Ally Egan (Medical student and MHFAider), Professor Maree Toombs (UNSW), The Hon. Emma McBride (Assistant Minister for Mental Health and Suicide Prevention), Prof Adrienne Torda (Head of School of Clinical Medicine, UNSW), Angus Clelland.



Sustainability



59 staff leading our work (51 full time)



All staff are current MHFAiders



2 staff upskilled as MHFA Trainers



Supported a mentally healthy culture through the Workplace Wellbeing Program



10 staff graduated MHFAI's inaugural Emerging Leaders Program including mentorship



MHFAI Melbourne office established as a mental health hub with Mental Health Australia, Prevention United, and Impact Co

- Over the past year, significant progress has been made in strengthening our financial and technology systems. These developments have supported the diversification of funding streams, enhanced operational efficiency, and established a robust infrastructure to enable future scalability. The automation of key processes has markedly reduced manual effort in governance reporting, improving both accuracy and timeliness.
- Data security and privacy have remained central priorities as we advance our technology roadmap. Our commitment to safeguarding sensitive information is underscored by ongoing work toward ISO 27001 accreditation, ensuring our systems meet internationally recognised standards of information security.

"MHFA training helps remove stigma. It helps people talk. And it helps them support each other. All of this can, and does, save lives."

Ian, MHFA Instructor and veteran




25 Years of empowering conversations

Celebrating 25 years of impact

The inaugural MHFA Gala Dinner was held in August to celebrate 25 years of Mental Health First Aid, bringing together almost 250 leaders, MHFAiders, Instructors, stakeholders, staff and advocates for a night of reflection and connection.

Hosted by the ABC's Patricia Karvelas, the evening featured reflections from Board Chair Krystian Seibert, CEO Angus Clelland, founders Betty Kitchener AM and Professor Tony Jorm, proud Gunggari Umbie and respected leader in Aboriginal mental health and wellbeing Donna Stanley, and medical student Ally Egan. With entertainment by Seb Szabo, the event also raised vital funds to expand Aboriginal and Torres Strait Islander MHFA Programs nationwide.





**MHFA
International
Summit
2025**

GLOBAL CONNECTIONS. GLOBAL IMPACT.

25 countries come together for International MHFA Summit

In June 2025, MHFA International hosted its International Summit in Vienna, Austria, co-hosted with pro mente Austria, bringing together partners from 25 countries to shape the future direction of Mental Health First Aid globally.

The Summit opened with a welcome reception featuring Professor Jo Robinson, President of the International Association for Suicide Prevention, who spoke to the shared challenges and responsibilities facing the international mental health and suicide prevention sectors, highlighting the importance of global collaboration.

Over two days, partners participated in focused discussions on growth, governance, innovation and shared priorities. Austrian public health official Alexander Grabenhofer-Eggerth outlined Austria's approach to mental health reform and community-based support.

The Summit concluded with a closing dinner and keynote from His Excellency Ian Biggs, Australian Ambassador to Austria and neighbouring countries, who reflected on Australia's leadership in mental health and suicide prevention and the value of international partnerships.

A theme that resonated throughout the Summit was that alone, we go fast – together, we go further, with the gathering strengthening relationships and laying the groundwork for stronger international governance across the global Mental Health First Aid network.



Inaugural MHFA Day ignites conversations across the world

In August 2025, we launched the inaugural Mental Health First Aid (MHFA) Day as a day of action, impact and celebration with MHFAiders, Instructors, partners and providers across Australia and beyond.

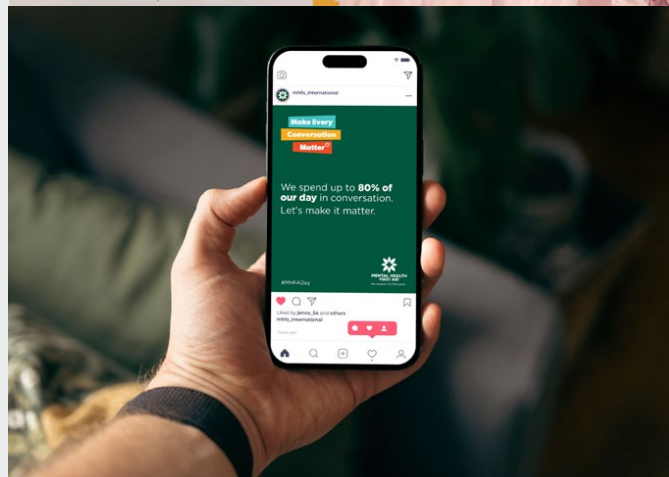
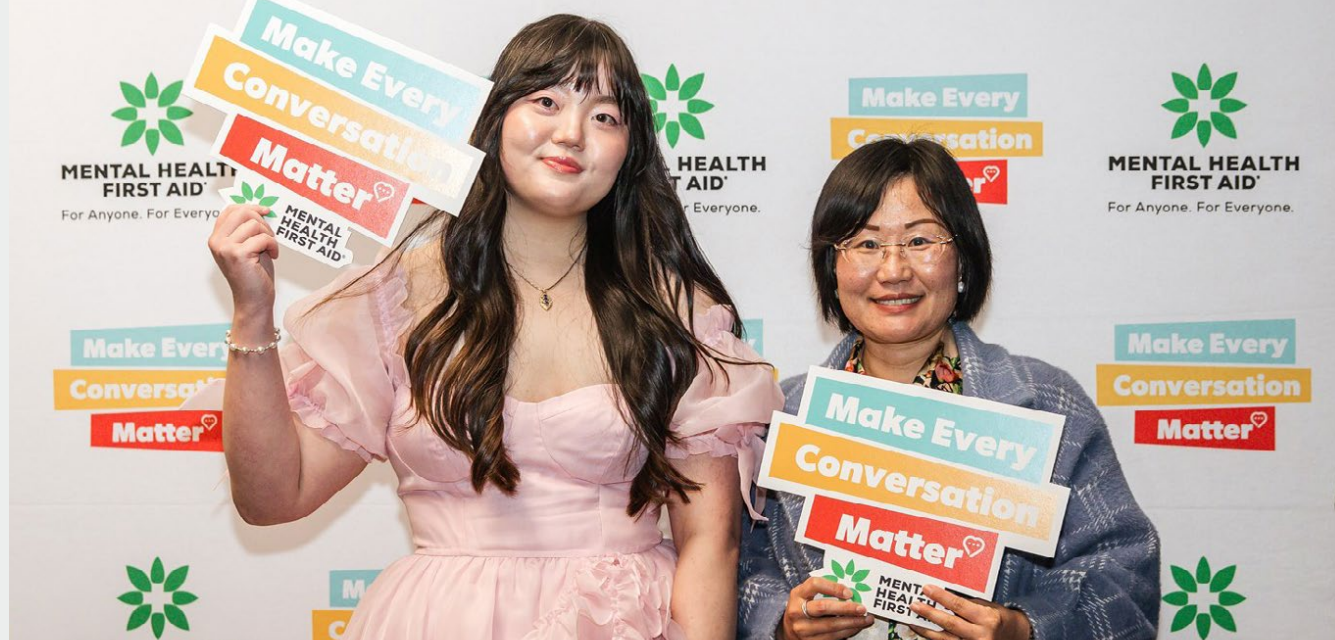
Supported by the theme Make Every Conversation Matter, communities were provided with a promotional toolkit – workplace resources, email and social media assets, and a ‘25 ways to make every conversation matter’ poster – designed to build confidence in starting mental health conversations.

The day activated hundreds of workplaces across more than 15 countries and reached over 2.2 million people on social media.

From workplaces to remote communities, the MHFA community led conversations, hosted events, and found simple ways to connect and support those around them. The day highlighted the impact of mental health first aid skills in recognising mental health problems or distress, offering early support, and reducing stigma.

The inaugural MHFA Day set a benchmark for connection and awareness, showing the reach and strength of the MHFA community. Plans are already underway to grow the day in 2026, mobilising instructors and MHFAiders across the globe.

We spend up to **80% of our day** in conversation.
Let's make it matter.



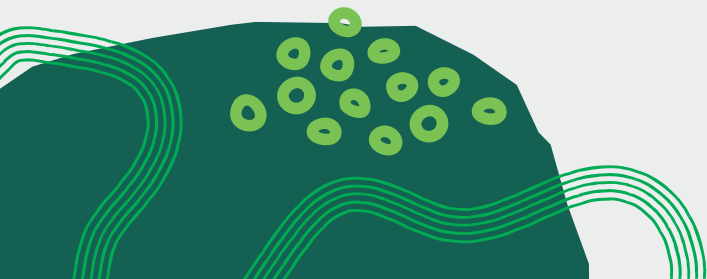
MHFA Instructors unite for National Summit

In September, the National MHFA Instructor Summit returned in person for the first time in more than five years, drawing instructors from across Australia to connect, share ideas, and mark 25 years of shared Mental Health First Aid impact.

Hosted by Christopher Jones, Chair of the National Instructor Reference Group, the summit featured keynote addresses from the Hon Donna Kirkland MP, Assistant Minister for Mental Health and Suicide Prevention, lived experience advocate Jordan Frith, and then-CEO of Youth Live4Life, Bernard Galbally.

The program showcased plans for 2026, interactive workshops led by the National Instructor Reference Group, updates on upcoming program launches including the next edition of MHFA and Youth Yarns, and strategies to expand and support the MHFAider community nationwide.

The summit set the stage for an ambitious future, advancing MHFA's 2024–30 Strategic Plan goal of doubling national reach to three million people by 2030.



Governance



Emeritus Professor Tony Jorm retired from the MHFA International Board of Directors in June 2025. His extraordinary leadership and vision as co-founder alongside Betty Kitchener AM shaped Mental Health First Aid into the internationally recognised program it is today.

Professor Jorm's pioneering work in mental health literacy and early intervention has reshaped how individuals across homes, schools, workplaces, and communities understand and respond to mental health problems and crises.

For more than two decades, Professor Jorm's dedication – as a cofounder, researcher, innovator, inaugural Board Chair, and Board Director – has been marked by generosity, empathy, and a deep belief in the power of individuals, workplaces and communities to support one another.

MHFA International celebrated Professor Jorm's and Betty's achievements, as guests of honour at the inaugural MHFAI Gala, which marked 25 years with more than 200 guests in Melbourne in August 2025.



Pictured: founders Betty Kitchener AM and Professor Tony Jorm and ABC's Patricia Karvelas

Meet our directors and committee members

Board renewal was a major focus for MHFA International in 2025. After an extensive national and international recruitment process, in July the Board was delighted to welcome three new non-executive directors: **Professor Maree Toombs**, a leading researcher in Aboriginal and Torres Strait Islander health, culturally safe practices, and co-design; **Anna Gelling**, a Chief Technology Officer with diverse experience in digital transformation and product innovation across the technology, publishing and media, telecommunications, life sciences, and the mental health sectors; and **Simon Blake OBE**, Chief Executive of Stonewall, the United Kingdom's human rights charity fighting for LGBTIQ+ equality. Simon is also the former CEO of MHFA England.

In addition to farewelling Emeritus Professor Tony Jorm, we also farewelled long-serving Board Member, **Marcia Gough**, Chief People & Culture Officer from the CSIRO. The Board is very grateful for Marcia's service over many years, particularly the challenging period during and immediately post the Covid-19 pandemic.



Krystian Seibert
Director and Chair of the Board

LLB, BCom (Econ) (Deakin), MSc Regulation (LSE)
Quality and Risk Committee, Audit and Risk Committee, Governance Nominations and Remuneration Committee, Audit, Finance and Investment Committee



Nicole Batagol
Director and Deputy Chair

BEC Hons (Monash), Grad Dip Asian Studies (Monash), GAICD, WCLP 2018
Audit, Finance and Investment Committee Governance Nominations and Remuneration Committee (Chair)



Simon Blake OBE
Director

BA Hons (Psych); PostGrad Cert in Counselling; Postgrad Dip Social Research
Experience and expertise: Methods
Audit, Finance & Investment Committee



Kathryn Brown
Director

B.Com, FCA (CA ANZ), GAICD, FGIA
Audit, Finance and Investment Committee (Chair)
Quality and Risk Committee



Evan Dukas
Director

BBus; GAICD; CPA
Audit, Finance and Investment Committee
Governance, Nominations and Remuneration Committee



Vanessa Ferguson
Director

BAppSc(Psych)(Hons), GradDipEd(Sec), GAICD
Governance, Nominations & Remuneration Committee



Anna Gelling
Director

BA Hons European Studies; GAICD
Quality and Risk Committee



A/Prof Simon Stafrace
Director

MB BS; MHA; MPM; Grad Dip Mental Health Sciences; Grad Dip Health Services Mgmt; FRANZCP
Quality and Risk Committee (Chair)



Prof Maree Toombs
Director

B.Ed (USQ); Masters of Health (USQ); PhD (USQ)
Quality and Risk Committee



A/Prof Claire O'Reilly
Independent member

Quality and Risk Committee



Chris Jones
Independent member

Quality and Risk Committee



Peter Peacock
Independent member

Audit, Finance and Investment Committee

Be part of the movement in 2026

In 2026, there are key opportunities to stay connected, strengthen collaboration, and continue building the Mental Health First Aid movement.

National MHFA Summit & Gala Dinner 1–2 September 2026 | MCG, Melbourne

The National MHFA Summit and Gala Dinner will bring together MHFAiders, Instructors, workplaces, partners and mental health leaders from across Australia. The Summit will focus on learning, collaboration and shared purpose, while the Gala Dinner will recognise leadership and impact across the movement.

International MHFA Summit 16–20 November 2026 | Taipei, Taiwan

The International MHFA Summit will bring together MHFA partners from across the global network. This closed event will focus on strategic priorities, governance, growth and shared learning, providing a space to strengthen collaboration and create stronger circles of safety and support across the international community.

MHFA Day 18 November 2026

MHFA Day is a global opportunity to recognise the people and organisations driving mental health change. MHFAiders, Instructors, workplaces and communities are encouraged to take part by sharing stories, recognising MHFAiders and promoting early intervention and help-seeking.



Make Every
Conversation
Matter



#MHFADay


MENTAL HEALTH
FIRST AID
For Anyone. For Everyone.

Acknowledgement of Country

Mental Health First Aid International Ltd acknowledges the Traditional Custodians of the lands on which we live, work, and learn, and pay our respects to Elders past and present. We extend that respect to all Aboriginal and Torres Strait Islander peoples and their enduring connection to Country, culture, and community.



Recognition of Lived Experience

Mental Health First Aid International Ltd recognises people with lived and living experience of mental health problems and suicidality, and their loved ones who care and support them. With diverse identities, challenges and life experiences, each journey is unique and invaluable. Thank you to those who have courageously shared stories to help educate the global community.

We recognise, value and celebrate diversity and act in the spirit of inclusion.

Level 18, 150 Lonsdale Street
Melbourne VIC 3000 Australia

mhfa@mhfa.com.au
+61 3 9079 0200
mhfa.com.au

ABN 57 153 480 436

Make a tax-deductible donation to help us create culturally safer circles of support.



Developed and delivered by First Nations peoples, our Aboriginal and Torres Strait Islander Mental Health First Aid Program aims to deepen knowledge, build confidence, and support culturally informed conversations that can change and save lives every day.

Help us expand this vital program so more individuals and communities can build capacity for culturally responsive support.

Donate today www.mhfa.com.au/get-involved/donate



Mental Health First Aid International Ltd is a not-for-profit, unlisted public company limited by guarantee and a registered health promotion charity. It provides evidence-based education programs designed to strengthen mental health literacy and reduce stigma across Australia and internationally.

