

Global Impact Report 2025

Summary

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

2025 marked 25 years since our establishment in Australia, a milestone reflecting our leadership in increasing mental health literacy, reducing stigma, and helping 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.



Since our founding in 2000



36 partners

delivering MHFA in 52 countries



8.9 million

people trained worldwide



59,400+

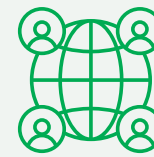
Instructors worldwide

2025



1,010,632

new people trained globally



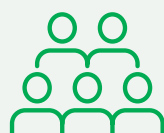
19

new countries joined the MHFA movement



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.



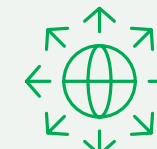
Joined the US National Summit

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.

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Australian Impact Report 2025

Summary

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

2025 marked 25 years since our establishment in Australia, a milestone reflecting our leadership in increasing mental health literacy, reducing stigma, and helping 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.



Since our founding in 2000



1.6 million
Australians trained



3,200
Instructors in Australia

2025



140,615
new people trained



11,932
courses delivered



63
Instructor training
courses delivered



539
new Instructors
trained this year

Inclusive of Aboriginal and Torres Strait Islander programs since 2007

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Delivered the National Instructor Summit, celebrating 25 years of Instructor leadership.



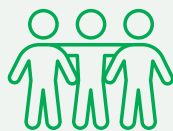
Commenced fundraising for the Aboriginal and Torres Strait Islander MHFA Program.



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



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



Hosted the inaugural MHFA Gala Dinner for more than 200 attendees.



Launched the inaugural MHFA Day campaign, reaching 2.2 million across 15 countries.



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



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



Launched the new MHFAider Resource Hub

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

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

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Aboriginal and Torres Strait Islander Impact Report 2025

Summary

The Aboriginal and Torres Strait Islander Program (AMHFA), a division of MHFA International, is culturally informed and led, working with communities and organisations across Australia to strengthen understanding of social and emotional wellbeing and mental health and support culturally informed responses.

Across almost two decades, the program has trained 70,000 Australians in culturally responsive mental health first aid, equipping communities to recognise, understand, and respond to mental health problems or crises.



Since the program started in 2007



70,000

Australians trained in AMHFA



7,500+

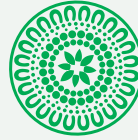
AMHFA culturally informed courses delivered since



1,000

AMHFA trained Instructors since 2007

2025



5,756

new participants trained in AMHFA



561

AMHFA courses delivered



26

new AMHFA Instructors



4

AMHFA Instructor training courses delivered

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



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



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

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