

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+

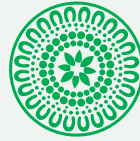
AMHFA culturally informed courses delivered since



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

Learn more mhfa.com.au

