

# 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

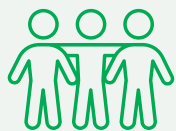


**539**  
new Instructors  
trained this year

Inclusive of Aboriginal and Torres Strait Islander programs since 2007

Learn more [mhfa.com.au](https://mhfa.com.au)





**Launched the MHFAider Advisory Group** with 10 dedicated members



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



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

Learn more [mhfa.com.au](https://mhfa.com.au)



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



**32 new MHFA Recognised Workplaces**



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



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



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



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



**312 total MHFA Recognised Workplaces**



**Hosted six MHFAider Network webinars**, reaching 31,250 registrations



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



**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



**MENTAL HEALTH FIRST AID**  
INTERNATIONAL

