MENTAL HEALTH FIRST AID
Australia

BECOME A MENTAL HEALTH FIRST AIDER
to support young people aged 12 to 18.

About 1 in 4 young Australians experience a common mental illness each year. Youth Mental Health First Aid (MHFA) training will teach you practical skills to support an adolescent with a mental health problem. Make a real difference to the young people in your community.

YOUTH MHFA TRAINING BENEFITS

KNOWLEDGE

Improves knowledge of mental illnesses, treatments and first aid actions.

CONFIDENCE

Increases confidence in providing first aid.

DE-STIGMATISING

Decreases stigmatising attitudes.

SUPPORT

Increases the support provided to others.

"I found the course to be truly beneficial and useful to me as I interact with secondary school students on a daily basis. I have gained the necessary tools to recognize and help those in need." - Luca