



**MENTAL HEALTH
FIRST AID®**
Australia



Standard Mental Health First Aid for Health Professional Students Instructor Training

The Standard MHFA for Health Professional Students Instructor Training Course equips adults with the knowledge and skills to deliver both our Standard MHFA for Health Professional Students and Standard MHFA courses.

It empowers individuals to educate others about mental health, reduce stigma and promote early intervention and support for people experiencing mental health problems.



Make a difference

Improve outcomes for tertiary students and other adults experiencing mental health problems.



Improve the capacity for community care

Equip adults with the skills needed to intervene early and offer support when it matters most.



Enhance your knowledge

Strengthen your knowledge, communication skills and crisis intervention techniques.



Join a global movement

Contribute to improving mental health, reducing stigma and creating a more compassionate and informed society.

Why attend a Standard Mental Health First Aid Instructor Training Course?



Educate others about mental health, reduce stigma, and increase support for those experiencing mental health problems.



Play an important role in improving capacity for community-led care in tertiary institutions and communities nationwide.

**Anyone can have a conversation that may save a life.
Everyone should know how.**

What you'll learn

Instructor Training Courses teach participants how to operate as a Licensed MHFA Instructor and how to deliver Mental Health First Aid courses following the specific course content and structure.

Participants learn about mental health statistics and the evidence that underpins the delivery of the Standard MHFA for Health Professional Students.

Adding to their existing facilitation skillset, participants also learn instructional techniques, including the use of teaching materials, facilitating discussions, managing group activities and application of the MHFA practical action plan.

Duration & Format

The 5-day intensive training course is delivered online by an MHFA Master Trainer, to groups of 6-8 participants per course.

Instructor Training Course Dates

8th July - 12th July 2024

22nd July - 26th July 2024

26th August - 30th August 2024

9th September - 13th September 2024



The backbone of Mental Health First Aid Australia's national course dissemination is a network of Licensed Instructors, passionate about improving the mental health of their communities.



Eligibility

Instructor Training Course, applicants must meet the following selection criteria:

- Be a current Accredited Standard or Youth MHFAider
- Have a good knowledge of mental health problems, their treatments and support services
- Personal or professional experience supporting people with mental illnesses
- Excellent group facilitation, communication, and interpersonal skills
- Individual acknowledgement of license maintenance requirements or organisational support to deliver MHFA courses
- Hold a valid Working with Children Check from your relevant state/territory of residence

Licensed Instructors are not required to be mental health professionals, nor to have qualifications in mental health.



The Application Process

To submit your Expression of Interest [**CLICK HERE**](#)

You will be advised if your Expression of Interest has been successful and provided with instructions on how to apply.

Applicants must then complete an application a minimum of 6 weeks prior to the commencement of the Instructor Training Course. Once provisionally approved, applicants will need to submit a Working with Children Check.



License Maintenance Requirements

Upon successful completion of the Mental Health First Aid Instructor Training course, Instructors are required to sign an annual Instructor Licensing Agreement. To maintain their license, Instructors are required to:

- | | | |
|---|---|--|
| (a) Deliver
A minimum of two core courses (e.g. Standard MHFA for Health Professional Students and/or Standard MHFA) in the 12-month period from the date you become Licensed. | (b) Accept the terms of the Instructor License Agreement and pay the Annual License Instructor Fee before the due date; | (c) Hold a current "Working with Children Check" or equivalent as agreed and approved by MHFAI in writing. |
|---|---|--|

Failure to comply with these requirements may lead to the "lapsing" of an Instructor's license by MHFAI.



Take the next step

Connect with your University to discuss becoming a Licensed MHFA Instructor and to register your interest.