



**MENTAL HEALTH
FIRST AID®**
Australia

STANDARD MHFA® FOR HEALTH PROFESSIONAL STUDENTS

What is the difference between Tertiary and Health Professionals Courses?

Introduction

Standard MHFA for Health Professional Students is most suitable for students studying medicine, nursing, midwifery and allied health. Whereas the Standard MHFA for Tertiary Students course is generally suitable all types of tertiary students. Notable differences include:

- The eLearning been substantially contextualised for health professional students including consultation with subject matter experts.
- The course includes health professional perspectives explaining cultural considerations and barriers to help-seeking related to health professional students and lived experience stories which encourage seeking professional help.
- Highlights the importance of self-care in support-giving roles.

The educational design has been substantially updated for the Health Professional Students course. Subsequently, students who have completed the Tertiary course eLearning won't be eligible to complete a Health Professional Students instructor-led component since the component content doesn't match.

Upon completion of either course, participants will be able to:

Recognise the signs and symptoms of mental health problems in students and other adults

Use an evidence-based action plan to initiate a mental health first aid conversation

Assess for a range of crisis situations and provide initial support

Understand the prevalence and impact of mental illnesses, risk factors and treatments and supports available

Know the barriers to help-seeking and how to overcome these

Apply self-care practices as a Mental Health First Aider.

Complete the short assessment at the end of a course to become an Accredited Mental Health First Aider.