



**MENTAL HEALTH
FIRST AID®**

For Anyone. For Everyone.®

STANDARD MHFA FOR HEALTH PROFESSIONAL STUDENTS

Frequently Asked Questions

A resource for course participants

ABOUT THE STANDARD MENTAL HEALTH FIRST AID FOR HEALTH PROFESSIONAL STUDENTS COURSE

What will I learn in the Standard Mental Health First Aid (MHFA) for Health Professional Students course?

The Standard MHFA for Health Professional Students course teaches health professional students how to provide initial support to a peer or other adult who may be experiencing a mental health problem or mental health crisis, until professional help is received or the crisis resolves.

You will learn about the signs and symptoms of common mental health problems in students and other adults, how to recognise and respond to an emerging or worsening mental health problem, and the treatments and supports available.

The course will teach you how to apply mental health first aid across a range of common mental health problems and crisis situations, including:

- Depression
- Anxiety
- Substance use problems
- Suicidal thoughts and behaviours
- Panic attacks
- Non-suicidal self-injury
- Traumatic events.

The course does not teach students how to provide professional mental health support to patients.

How is the Standard MHFA for Health Professional Students course delivered?

The Standard MHFA for Health Professional Students course consists of two components.

Component 1:

Self-paced eLearning (6-8 hours)

This component is covered by the government-funded vouchers.

Component 2:

An Instructor-led component that can be delivered as either:

- a 4-hour face-to-face session or
- 2 x 2.5-hour video conferencing sessions.

This component is not covered by the government-funded voucher, however your school may provide opportunities to complete this and we strongly encourage you to take up the opportunity where applicable. Please see your student support staff regarding this component.

COMPONENT 1: E-LEARNING

How do I enrol in the Standard MHFA for Health Professional Students eLearning?

1. Your school will provide you with a course enrolment link.
2. The course enrolment link will direct you to a 'Register your Interest' screen where you will be required to complete a short online form.
3. You will then receive an email confirming that your successful registration in the eLearning component of the course. The email will provide you with a link to access your eLearning and instructions on how to log in.

What technical requirements do I need to access the eLearning?

There are some basic technical requirements for accessing the eLearning:

Device:

The eLearning was developed for desktop/laptop devices. We strongly recommend you complete the eLearning on a desktop or laptop to ensure optimum user experience.

Browser:

Ensure you have the latest version of your browser. We suggest using Chrome, Firefox or Safari for optimal performance.

Pop-ups:

The eLearning requires you to allow pop-up windows from elearning.mhfa.com.au. If prompted, please allow pop-ups from our eLearning site, elearning.mhfa.com.au

Videos:

The eLearning contains videos that are streamed using Vimeo and you will therefore need an internet connection that allows streaming video via third-party streaming sites. If you are unable to play videos featured in our eLearning courses, please ensure that your internet connection allows streaming video via third-party sites such as vimeo.com and contact your IT department for further support.

What if I experience technical problems with the eLearning?

If you experience technical problems accessing or completing the eLearning, please review the technical requirements above.

If you are still experiencing technical problems, please contact your IT administrator for further assistance.

Should your IT administrator be unable to resolve your technical problem, please contact us at hps@mhfa.com.au and outline the issue you are experiencing.

We will respond to your enquiry within 48 hours (excluding weekends and public holidays).

What does the eLearning consist of?

The eLearning consists of the following:

- Self-paced eLearning consisting of an introduction module and six learning modules. The modules include videos, audio, interactive and reflective

activities, and self-assessed quizzes to check your knowledge and understanding.

- Two surveys: a pre-eLearning survey and a post-eLearning survey.
- A digital copy of the MHFA course manual.

How long does it take to complete the eLearning?

The eLearning is self-paced and may take 6 – 8 hours or longer to complete in full.

Should I complete the eLearning in one session?

We encourage you to complete the eLearning over a number of sessions and take breaks where needed.

Your progress will be saved automatically as you progress through each module. If you wish to take a break of 15 minutes or longer, close the browser tab or window so that your session does not timeout. When you're ready to continue learning, your progress will be bookmarked, and you can continue from where you left off.

How long do I have to complete the eLearning?

We recommend that you complete the eLearning within a 3-4 week period. While your university may provide you with a specific deadline, we encourage you to complete the eLearning within the recommended time for optimal learner experience and knowledge consolidation.

Can I review the eLearning content after completing it?

Yes, you can log back into your account for a period of 12-months to review the Standard MHFA for Health Professionals eLearning content.

You can log in here: <https://elearning.mhfa.com.au/login/index.php>

Will I receive a Certificate of Completion for the eLearning?

Once you have completed all eLearning modules and the two surveys, you will receive a Certificate of Completion for the eLearning component of the Standard MHFA for Health Professional Students course.

You will be able to download the certificate on completion and you will also receive a copy via email.

While the eLearning component teaches you how to apply mental health first aid across a range of common mental health problems and crisis situations, to become an Accredited MHFAider you must complete a second course component that is delivered by a Licensed MHFA Instructor. You must also successfully pass the short accreditation assessment at the end of the course. For further information, refer to the section: COMPONENT 2: INSTRUCTOR-LED SESSION.

Why does the eLearning include pre-eLearning and post-eLearning surveys?

The Standard MHFA for Health Professional Students is a new course that has been adapted for students from the health professions. The surveys will provide important (de-identified) data to ensure the eLearning is high-quality, safe and effective.

We therefore collect feedback from participants for the following reasons:

- For quality control purposes.
- To ensure the eLearning is delivered to a high standard and in alignment with our guidelines.
- For testimonials.
- For research (note you will be able to opt-out from having your responses used in research).

The questions of the surveys align with the learning aims and outcomes, allowing us to explore your knowledge and intentions related to mental health first aid. The post-eLearning survey is a good opportunity for you to reflect on your learning and growth.

Further information about the research will be provided via an explanatory statement when you commence the eLearning.

How will my data be protected?

Mental Health First Aid International abides by a [Privacy Policy](#) and will not pass on your personal information to any third party. You will never be identified in any report or publication. In all our reporting, data is de-identified and reported in summary form.

Do I have to complete the pre-eLearning and post-eLearning surveys?

You will be required to complete the pre-eLearning survey to commence the eLearning. You will also be required to complete the post-eLearning Survey to receive your Certificate of Completion for the eLearning component of the course.

Please note that while you will need to complete the questions in both surveys, you will be able to opt-out from having your responses used in research.

COMPONENT 2: INSTRUCTOR-LED SESSION

How can I complete Component 2 of the course: the Instructor-led session?

Component 2 of the Standard MHFA for Health Professional Students course involves either a face-to-face or online session delivered by a Licensed Mental Health First Aid Instructor.

Your school may provide opportunities to complete this and we strongly encourage you to take up the opportunity where applicable.

What is a Mental Health First Aider (MHFAider)?

Mental Health First Aiders, or MHFAiders, are people who have completed a core Mental Health First Aid training course. They are equipped with the practical skills and confidence to recognise, understand and respond to someone experiencing a mental health problem or mental health crisis.

MHFAiders join a national network of more than 1 million Mental Health First Aiders ® (MHFAiders®). The MHFAider Network is an online community, designed to connect, celebrate and support MHFAiders across Australia. As part of the MHFAider Network, MHFAiders receive regular email communication, free resources and invitations to live webinars and up-skilling opportunities.

Learn more about the role of an MHFAider:

<https://www.mhfa.com.au/about-us/mhfaiders/>

What is an Accredited MHFAider and how do I become one?

Upon completion of both components of the Standard MHFA for Health Professional Students course, you can complete a short assessment at the end of the course to become an Accredited Mental Health First Aider (MHFAider).

Upon successful completion of the assessment, you will be issued a digital Certificate of Accreditation that is valid for 3 years.

Being an Accredited MHFAider demonstrates that an individual has the skills and knowledge to provide Mental Health First Aid.

For more information about MHFAider Accreditation:

<https://mhfa.zendesk.com/hc/en-us/categories/360000069635-MHFAider-Accreditation>

FURTHER SUPPORT

Connect with the Mental Health First Aid Australia team for further information or support while completing the eLearning.

The Mental Health First Aid Australia team are available for information and support where needed. If your enquiry is not addressed in the information above, please contact:

hps@mhfa.com.au
03 9079 0200

We will respond to your enquiry within 48 hours (excluding weekends and public holidays).

Immediate help

If you or someone you know needs immediate mental health support, you can access information on mental health crisis and support services here:

<https://www.mhfa.com.au/resources-support/immediate-help/>