



**MENTAL HEALTH
FIRST AID®**
Australia

STANDARD MHFA® FOR HEALTH PROFESSIONAL STUDENTS FREQUENTLY ASKED QUESTIONS

Below are some general FAQs that cover questions that may arise during your Instructor Training journey.

What does it mean to be an 'Accredited' MHFAider?

After attending the 2-day course or equivalent blended course, delivered by a Licensed Mental Health First Aid® Australia (MHFA™) Instructor, participants have the option to complete the MHFAider accreditation assessment. The assessment is completed online. If the participant passes the assessment, they will receive a digital certificate and will become recognised as an accredited MHFAider™. The accreditation lasts 3 years.

To be an 'Accredited' MHFAider means a MHFA course participant is accredited by the MHFA organisation against MHFA Guidelines. It is similar to the way National First Aid Standards (which are used to develop and update Red Cross, St Johns Ambulance etc First Aid Courses) are held by the Australian Resuscitation Council. In this way, we can ensure all MHFAiders have demonstrated their competency before going on to do a shorter Refresher Accreditation Course in 3 years' time.

Why do I need to be an Accredited MHFAider to complete an Instructor Training Course?

Being a current Accredited MHFAider ensures applicants have a baseline of skills to respond to a mental health first aid crisis and to navigate mental health first aid conversations with the MHFA Action Plan before learning how to teach others the same skills. Additionally, the instructor training course design is based on applicants having familiarity with how MHFA courses are structured and delivered, rather than experiencing the content for the first time.

The system is telling me I'm ineligible for the Instructor Training course.

Our system uses email addresses to identify who you are and if you have completed the correct MHFAider course type. Please ensure you register using the same email that you used for your MHFAider course.

If you have not completed a MHFAider course yet, please book into and complete a course before you apply for the Instructor Training course. Instructions on how to book at course can be found at this link: [How do I book a course?](#) You won't be able to apply for the Instructor Training until you complete the accreditation after attending the course.

Which MHFAider course type is best to do prior to becoming an instructor?

Attending a Standard MHFA course is the best way to prepare for the Standard MHFA for Health Professional Students Instructor Training Course. However, an MHFAider accreditation received from attending a Standard MHFA for Tertiary, Community or Workplaces or a Youth MHFA course will also be accepted. The preference for the Standard MHFA course is because the ITC is designed



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to equip applicants with credentials to deliver both the Standard MHFA course and the Health Professional Students course. This means that familiarity with the Standard course will make the learning experience more comfortable in recognising the differences between the two courses.

Why have I received two emails, one being enrolled in eLearning and one approved for my ITC course.

You will be enrolled by MHFAI in the Health Professionals Student eLearning as pre-work when your ITC application is approved. MFHAI systems have an automated email that is sent to participants when they are enrolled in an eLearning course and so you will receive both an email advising you are enrolled in the eLearning and another email advising your ITC application has been approved. Both will have eLearning login details and you are welcome to use either one of the emails to login.