



**MENTAL HEALTH
FIRST AID**
INTERNATIONAL

Standard Mental First Aid for Health Professional Students

March 2026



Mental Health First Aid for Health Professional Students is an evidence-based course tailored to tertiary medical, nursing, midwifery and allied health students. Findings show strong evidence of effectiveness and satisfaction.

Funded by the Department of Health, Disability and Ageing, Mental Health First Aid (MHFA) for Health Professional Students equips participants with the knowledge, skills and confidence to recognise, understand and respond to a peer or another adult experiencing a mental health problem or crisis. The program is funded to train up to 115,000 students by 2027. Training includes a core eLearning self-paced component, an optional instructor-led component for further practice, and optional assessment pathways to become an accredited MHFAider. The eLearning course component was rolled out nationally in May 2024. Based on MHFAI internal report (Jan 2026), this document includes findings from the period January to December 2025.

Evidence of effectiveness against course aims and outcomes



Aim: Teach participants to **recognise** when someone is experiencing a mental health problem or mental health crisis.

88%

of learners were able to **recognise** the mental health problems and crisis after completing the eLearning.



Aim: Equip participants with the **knowledge and skills** to respond to someone experiencing a mental health problem or mental health crisis.

95%

of learners on average have shown **intentions** to provide mental health support, showing knowledge aligned with the Mental Health First Aid action plan.



Aim: Equip participants with the **confidence** to respond to someone experiencing a mental health problem or mental health crisis.

88%

of learners have shown high **confidence** to respond to someone experiencing a mental health problem or mental health crisis.



Outcome: Understand the importance of self-care in a support-giving role.

Post eLearning, 96% - 97% of learners agreed they can:



Self-assess their own emotional readiness to approach and assist someone experiencing a mental health problem or crisis



Use a range of self-care strategies after a challenging or difficult conversation

Aim: Advocate for the importance of seeking professional help for mental health problems.

Post eLearning, learners reported high confidence to seek support for their mental health:



93%

of learners

Confidence to seek help from trusted friends or family



93%

of learners

Confidence to seek appropriate professional help



84%

of learners

Confidence to disclose their experiences and seek support from the university or a placement setting

Satisfaction



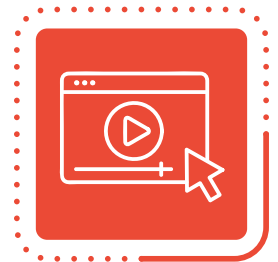
97%

agree that quizzes and assessments are a good opportunity to check their knowledge and understanding



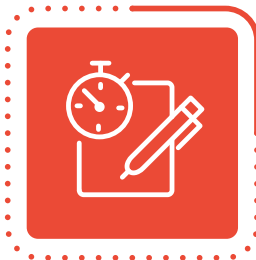
97%

agree that information is easy to follow and presented in an accessible manner



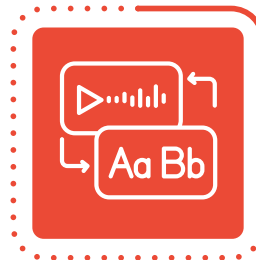
98%

agree that content was clear and relevant



94%

agree that learning is engaging, using a variety of interactive modalities and media



95%

agree that navigation is easy and user friendly



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