



**MENTAL HEALTH  
FIRST AID®**  
Australia

# Aboriginal and Torres Strait Islander Mental Health First Aid

The Aboriginal and Torres Strait Islander Mental Health First Aid course teaches participants how to provide initial support to an Aboriginal and/or Torres Strait Islander adult who may be experiencing a mental health problem or mental health crisis, until professional support is received or the crisis resolves.

Course participants learn about the signs and symptoms of common mental health problems impacting Aboriginal and Torres Strait Islander adults, how to recognise and respond to an emerging or worsening mental health problem, and the supports available, including cultural context to community-based care.

## **Intervene early**

Recognise the warning signs of mental health problems for Aboriginal and Torres Strait Islander adults.



## **Respond in a crisis**

Respond across a range of crisis situations where an Aboriginal and/or Torres Strait Islander adult may be at risk of harm.

## **Offer support**

Learn the skills to have an open, supportive conversation about mental health with an Aboriginal and/or Torres Strait Islander adult.

## **Reduce stigma**

Reduce stigma and increase support for Aboriginal and Torres Strait Islander adults experiencing and living with mental health problems.

## **What you'll learn**

Learn how to apply mental health first aid to an Aboriginal and/or Torres Strait Islander adult across a range of common mental health problems and crisis situations, including:

- Depression
- Anxiety
- Psychosis
- Substance use problems
- Suicidal thoughts and behaviours
- Non suicidal self-injury

## **Become an MHFAider**

Adults who complete the course become Mental Health First Aiders (MHFAiders), equipped with the knowledge, confidence, and skills to provide someone with mental health information and support when it matters most.

Complete a short assessment at the end of the course to become an Accredited Mental Health First Aider (MHFAider). Accreditations are valid for 3 years.

## **Why attend a Mental Health First Aid training course?**



### **Culturally appropriate and effective**

Research has found Aboriginal and Torres Strait Islander Mental Health First Aid courses to be culturally appropriate and effective. Participants improve their knowledge of mental illnesses, their treatments and appropriate first aid strategies.

### **Improve confidence**


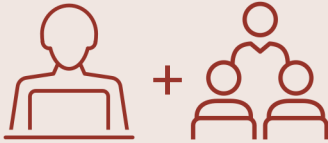

Course participants report improved confidence in providing first aid to Aboriginal and Torres Strait Islander adults.



Our Instructor explained topics clearly that left you understanding the strong need of mental health support for not only Aboriginal and Torres Strait Islander people but for society as a whole. I left with a better understanding.

## Duration & Format

The 14-hour course can be delivered in 1 of 3 ways:

Face-to-Face	Blended Face-to-Face	Blended Online
		
2 x 7 hour sessions over 2 days	Self-paced eLearning (7 hours), followed by a 5-hour face-to-face session	Self-paced eLearning (7 hours), followed by a 5-hour video conferencing session.



### All sessions are led by Mental Health First Aid Australia trained and Licensed Aboriginal and Torres Strait Islander Instructors.

The course has been designed to support Instructors to draw on their own unique and instrumental local cultural knowledge to enrich the content and enable culturally informed and safe delivery. Individuals or small groups can sign up for a public course near you or online, while larger groups can find a Licensed Instructor to deliver private training in-house or at an agreed venue.



### Learning Outcomes

Upon completion of this course participants will be able to:

- Recognise the signs and symptoms of mental health problems impacting Aboriginal and Torres Strait Islander adults
- Understand the prevalence and impact of mental illnesses and risk factors, with specific information about Aboriginal and Torres Strait Islander people
- Gain an understanding of cultural considerations, from an Aboriginal and Torres Strait Islander perspective
- Gain an understanding of the treatments, and local and cultural supports and resources available to someone experiencing mental health problems
- Know the barriers to support-seeking and how to overcome these
- Use an evidence-based action plan to initiate a mental health first aid conversation with an Aboriginal and/or Torres Strait Islander adult, in a culturally safe and informed way
- Assess for a range of crisis situations and provide initial support
- Apply self-care practices as a Mental Health First Aider.



### Suitability

Developed by and in consultation with Aboriginal and Torres Strait Islander people, this course is suitable for individuals, workplaces of all sizes, and volunteer and community-based groups. Any adult (aged 18+) can attend.



These courses are recognised by Suicide Prevention Australia as safe, high-quality, and effective suicide prevention programs.



**Take the next step**

Visit our Aboriginal and Torres Strait Islander MHFA course page at: [mhfa.com.au](https://mhfa.com.au) OR contact us at: [amhfa@mhfa.com.au](mailto:amhfa@mhfa.com.au) to discuss your training needs.