

# Mental Health First Aid for Tertiary Institutions



MENTAL HEALTH  
FIRST AID®  
Australia

## Tertiary institutions that prioritise mental health can nurture a compassionate and inclusive community that allows staff and student well-being to flourish.

The role and demands of being a tertiary student involve a range of stressors that may contribute to mental ill-health, from academic demands to financial and accommodation needs. These pressures can have a cumulative effect on students over the course of their studies, leading to fatigue, stress, burnout, and psychological distress.

Experiencing mental illness during the tertiary years places students at risk of both long- and short-term consequences, including disrupted studies, early course exit and difficulty entering the workforce.

It is important to recognise that it is not just students that may need support. For many staff in the tertiary sector, the workload and pressures they face can lead to mental ill-health.

Understanding how to talk about mental health and having the confidence and knowledge to help someone in need are important skills that everyone in your campus community can learn.

### This is where Mental Health First Aid Australia can help

Mental Health First Aid Australia offers a suite of early-intervention education courses that increase mental health literacy and teach the practical skills needed to support someone experiencing a mental health problem or mental health crisis.

Mental Health First Aid (MHFA) training equips students and staff with the knowledge and confidence to recognise, understand and respond to a friend, colleague or other adult who may need information or support.

### What is mental health first aid?

Most people are familiar with physical first aid and the idea that when you attend a physical first aid course you learn the skills and knowledge required to recognise and respond to life-threatening emergencies and provide a first aid response to a casualty across a range of different situations.

Mental Health First Aid training adopts a similar approach. Our courses teach participants about the different types of mental illness and through our practical action plan you learn the skills to recognise and respond to someone experiencing a mental health problem or mental health crisis.

### Mental Health First Aid training helps staff and students to:



#### Intervene early

Recognise the waning signs of mental health problems in other adults.



#### Offer support

Learn the skills to speak openly and accurately about mental health.



#### Respond in a crisis

Respond across a range of crisis situations where an adult may be at risk of harm.



#### Reduce stigma

Reduce stigma and increase support for adults experiencing and living with mental health problems.

It is estimated that in the last 12 months:



**1 in 5**

Adults experienced a mental health problem.<sup>1</sup>



**2 in 5**

University students experienced a mental health problem.<sup>1</sup>



**65%**

Of university and TAFE students experienced high or very high levels of psychological distress.<sup>3</sup>

<sup>1</sup>National Study of Mental Health and Wellbeing, 2020-2021

<sup>2</sup>Headstart National Tertiary Student Wellbeing Survey, 2016

learn more [mhfa.com.au/tertiary](https://mhfa.com.au/tertiary)



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I really enjoyed the course and learnt a lot of practical skills. I loved that the course allowed us to put the knowledge into practice and equip us with the actual skills to help others with mental health issues.

Standard MHFA for Tertiary Students course participant

### Find the training that's right for you

Standard MHFA for Tertiary Students	Standard MHFA
Teaches students how to support a fellow student, a friend, family member, or other adult	Teaches adults how to support a friend, family member, co-worker or other adult
Available in Blended Face-to-Face or Blended Online delivery	Available in Face-to-Face, Blended Face-to-Face or Blended Online delivery



#### Face-to-Face

A 12-hour course led by a Licensed MHFA Instructor.



#### Blended Face-to-Face

Self-paced eLearning (typically 5-7 hours) followed by a 4-hour face-to-face session.



#### Blended Online

Self-paced eLearning (typically 5-7 hours) followed by 2 x 2.5 hour video conferencing sessions.

All sessions are delivered by a Mental Health First Aid Australia trained and Licensed Instructor.

### Take the next step

Once you've chosen the course that's right for you, the next step is to choose how to deliver the training. There are several options available:



#### Book a public course

Individuals or small groups can register to attend a publicly listed course. Visit your preferred course page at [mhfa.com.au](http://mhfa.com.au) to book.



#### Organise in-house training

Mental Health First Aid Australia has a network of 3,000+ trained and Licensed Instructors with local and place-based knowledge. Larger groups can find a Licensed Instructor to deliver private training in-house or at an agreed venue. Visit your preferred course page at [mhfa.com.au](http://mhfa.com.au) to organise.



#### Train a staff member to become an Instructor

Training a staff member to become a Licensed MHFA Instructor can be a cost-effective and sustainable way to embed MHFA training within your tertiary institution. By training staff members to become Licensed Instructors, MHFA courses can then be delivered to staff and students on an ongoing basis. Learn more: [mhfa.com.au/be-an-instructor](http://mhfa.com.au/be-an-instructor)

### Why choose Mental Health First Aid Australia?



Evidence-based



Rigorously evaluated



Internationally recognised



MHFAider support network

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The training has enabled a greater understanding of mental health issues in our community, which does not just fall onto one or two staff to respond to. We now have a great group of Mental Health First Aiders who can assist.

University Student Residences Representative



The Tertiary Engagement Team is here to help and support you at any stage of your MHFA training journey. Get in touch via email at [universities@mhfa.com.au](mailto:universities@mhfa.com.au)

learn more [mhfa.com.au](http://mhfa.com.au)