Mental Health First Aid (MHFA) Australia is a national not-for-profit organisation focused on mental health training and research. MHFA Australia develops, evaluates and supports the delivery of a variety of training programs and courses.

MHFA Australia operates under the governance of a Board of Directors and derives funding from government and philanthropic grants, public donations and through its training programs.

MHFA Australia is a registered tax-exempt health promotion charity with Deductible Gift Recipient status.
Our vision is a community where everyone has the first aid skills to support people with mental health problems.

Newly accredited Aboriginal and Torres Strait Islander MHFA Instructors at a training course in Darwin, August 2016.

Our mission is to provide high quality, evidence-based mental health first aid education to everyone.

Two groups of 12-hour Standard MHFA course participants from the veterinary industry, November 2016.
OUR TEAM

The MHFA Australia Team

OUR PEOPLE
OUR BOARD

Professor Tony Jorm
Chair

Annette Weier
Vice Chair

Betty Kitchener
Director

Felicity Dougherty
Director

Benjamin Stretch
Director (from Aug 16)

Tony Natoli
Director

Justine Murphy
Director (to June 16)

Krystian Seibert
Director

Angus Clelland
Secretary

Honouring previous board member, Kevin Ferguson

The Board and staff of Mental Health First Aid Australia were saddened by the passing of Kevin Ferguson in February 2016. Kevin was a Director of the Mental Health First Aid Australia Board from 2012 to 2014, when he became too ill to continue. Despite his illness, he supported the transition to a replacement Director. He was very generous with his time and expertise in supporting the Board and finance staff of the organisation. Kevin, and his many contributions, will be fondly remembered.
OBJECTIVE 1

To improve mental health first aid skills in the global community

STRATEGIES

a. Support the provision of the existing MHFA Courses in the community.

b. Be appropriately responsive to opportunities to develop programs that meet the diverse needs of the community.

c. Train, support and assist MHFA Instructors to improve mental health first aid skills in the community, by helping them build capacity and reach.

d. Support appropriate overseas organisations to adopt and adapt the MHFA Program.

NEW COURSES LAUNCHED IN 2016

Mental Health First Aid for the Suicidal Person
This face-to-face 4-hour course is based on our Mental Health First Aid Guidelines for Suicidal Thoughts and Behaviours. It teaches suicide first aid with a three-step action plan: ask directly, keep them safe for now, and connect to professional help. This course was launched on World Mental Health Day, 10th October 2016.

teen Mental Health First Aid for young people in years 7-9
This face-to-face course teaches high school students in years 7-9 how to provide mental health first aid to their friends. It was developed in response to research indicating that young people have a preference for sharing problems with peers.

Blended MHFA for Tertiary Students
This blended course, a combination of eLearning and face-to-face training, teaches tertiary students how to assist a peer who is developing a mental health problem or in a mental health crisis. The curriculum is tailored to the learning needs of tertiary students, with relevant case-studies, videos and resources developed for this group.

eLearning MHFA Course for Multinational Organisations
This eLearning course was developed specifically for Australian multinational organisations with workplaces overseas and organisations which do not have a MHFA program operating in their country. The course teaches how to assist a co-worker who is developing a mental health problem or in a mental health crisis.
NEW AND REVISED COURSE MANUALS AND HANDBOOKS

**Mental Health First Aid for the Suicidal Person (Course Handbook)**

This handbook accompanies the 4-hour Mental Health First Aid for the Suicidal Person Course. It covers facts on suicide in Australia, action-based first aid guidelines for suicidal thoughts and behaviours, resources to help a suicidal person and worksheets for applied learning.

**teen Mental Health First Aid: a Manual for young people in years 7-9 helping their friends**

This manual accompanies the teen Mental Health First Aid Course for adolescents in years 7-9. Tailored specifically to this age group, the manual includes a section on healthy minds, information on mental health, helpful and unhelpful thinking styles, Mental Health First Aid taught via the teen MHFA Action Plan and guidelines on putting MHFA into practice.

**2nd Edition teen Mental Health First Aid: a Manual for young people in years 10-12 helping their friends**

This manual accompanies the Edition 2 teen Mental Health First Aid Course for adolescents in years 10-12. Tailored to adolescents, this Manual covers mental health problems, how to help a friend in a mental health crisis using the teen MHFA Action Plan and guidelines on putting MHFA into practice.

**eLearning MHFA Course for the Australian Legal Industry**

This is the eLearning component of a soon to be launched Blended MHFA course developed specifically for Australian legal professionals. The course teaches how to assist a co-worker who is developing a mental health problem or in a mental health crisis, using case-studies, videos and resources tailored to their learning needs.

**eLearning MHFA Course for the International Legal Industry**

This eLearning course was developed specifically for English-speaking legal professionals working in multinational legal firms outside of Australia. As above, the course teaches how to assist a co-worker who is developing a mental health problem or in a mental health crisis, using tailored resources.

**NEW COURSE EDITIONS LAUNCHED IN 2016**

**2nd Edition teen Mental Health First Aid for young people in years 10-12 helping their friends**

This face-to-face course teaches high school students in years 10-12 how to provide mental health first aid to their friends. The changes from Edition 1 to Edition 2 were based on feedback received from young people during a pilot of the first edition. The changes were aimed at improving engagement with young people: reducing content and changing some illustrations.
NEW FILMS

“No One Cares”
Produced in early 2016, this film will accompany a new course in development, the Youth Aboriginal and Torres Strait Islander Mental Health First Aid (AMHFA) for Suicide Course. It is a scripted drama involving a non-Aboriginal Centrelink worker (Desni) helping a young Aboriginal man (Blake).

“Hard to Explain”
Produced in April-May 2016, this scripted drama will accompany a new course in development, Youth AMHFA for Non-Suicidal Self-Injury (NSSI). The film depicts a non-Aboriginal male coach (Ivan) assisting a young Aboriginal woman (Debbie) at a football game.

“They’ll think I’m Crazy”
Produced in May 2016 for the new Youth AMHFA for NSSI Course, this scripted drama depicts an Aboriginal woman assisting a young Aboriginal woman, in a shop and at bus stop.

“What it Was Like for Me”
Produced in May 2016 for the new teen MHFA Course for students in years 7-9, this film features consumers talking about their mental health problems.

“Psychosis - A Different Reality”
Produced in July 2016 for the next edition of the Standard MHFA Course (Edition 4), this film portrays three consumers discussing their experiences of living with psychosis.
By the end of 2016, a milestone was reached with more than two million MHFAiders trained worldwide since the MHFA Program began in 2000.

By end of 2016, over 500,000 Australian adults had been trained in a MHFA course since the beginning of the program.

By the end of 2016, since the MHFAider accreditation program was launched in 2015, a total of 47,574 people have become accredited.

NEW MHFAIDERS TRAINED IN 2016:
Total of 4,182 MHFA Courses were delivered to the public. This totalled 55,748 people trained in Australia across 2016, representing a 20% increase in the last 12 months, and a 70% increase in the last 5 years.

NEW INSTRUCTORS ACCREDITED IN 2016:
Total of 400 new Instructors were accredited to deliver MHFA Courses in 2016, an increase of 9% trained in the last 12 months, and a 90% increase in the last 5 years.

249 Standard MHFA Instructors
68 Aboriginal and Torres Strait Islander MHFA Instructors
83 Youth MHFA Instructors
29 teen MHFA Instructors
Global Campaign - World Mental Health Day 2016

www.wfmh.global/wmh-day/2016/english

The 2016 theme for World Mental Health Day was: *Dignity in Mental Health - Psychological & Mental Health First Aid for All.* It was an honour to see the importance of mental health first aid skills acknowledged and promoted in this global campaign.

Professor Gabriel Ivbijaro, President of the World Federation for Mental Health (WFMH) commented: "Psychological and mental health first aid is a skill that you may one day directly benefit from and which may prevent the crisis from getting worse, may provide comfort and may even preserve life. So why not support this skill being made available to all. We are all capable of providing physical, psychological and mental health first aid in an emergency. Don’t be a bystander, be a first aider!"

Betty Kitchener and Tony Jorm were both invited to write a foreword and a chapter for an e-book, which was made available on the WFMH website to help circulate the theme’s message around the world.

New Countries to Adopt MHFA

**MHFA Netherlands**

www.mhfa.nl

In early October 2016, staff from MHFA Australia visited MHFA Netherlands to train the first cohort of Instructors.

International MHFA Events

**Instructor Summit MHFA USA, National Council for Behavioral Health**

MHFA Program founders Betty Kitchener and Professor Tony Jorm were keynote speakers at the 2016 MHFA USA Instructor Summit at Caesar’s Palace in Las Vegas, coordinated by the National Council for Behavioral Health. Presenting to a group of both MHFA USA Instructors and others new to the program, Betty and Tony discussed the origins of the program and the research behind it in a talk titled ‘Going Down Under: Exploring the Origins and Research Behind Mental Health First Aid’.

Launch of web portal to all international MHFA Programs

www.mhfainternational.org

In 2016, MHFA Australia launched a web portal to all international MHFA Programs. In 2016, a total of 20 countries had adopted the MHFA Australia Program.
OBJECTIVE 2

To ensure all MHFA programs are current, evidence-based and rigorously evaluated

STRATEGIES

a. Conduct and facilitate research to inform the curriculum of courses.

b. Keep up to date with relevant research to inform the curriculum of courses.

c. Select and support Instructors for ongoing quality course delivery.

d. Conduct and facilitate well-designed course evaluation and impact assessment.

DEVELOPMENT OF MHFA GUIDELINES TO INFORM CURRICULUM

Completed and published course development research using the Delphi expert consensus method to develop MHFA Guidelines

Bond KS, Jorm AF, Kitchener BA, Kelly CM, Chalmers KJ. Development of guidelines for family and non-professional helpers on assisting an older person who is developing cognitive impairment or has dementia: a Delphi expert consensus study. BMC Geriatrics. 2016 Jul 7;16(1):1.


The following new and revised MHFA Guidelines are available for free download on the MHFA Australia website: www.mhfa.com.au/resources/mental-health-first-aid-guidelines

Guidelines for Providing Mental Health First Aid to a Co-Worker

These guidelines are about how a worker should tailor their approach when providing mental health first aid to a co-worker or employee they manage.

Working with People With Mental Health Problems and Financial Difficulties: Principles for Financial Institution Staff, Financial Counsellors and Mental Health Professionals

Mental Health First Aid Australia was approached and funded by the Australian Collections Managers Roundtable to develop these Principles, with the support of the following organisations: National Australia Bank (NAB), Australia and New Zealand Banking Group (ANZ), beyondblue and Westpac Group. These offer a general guide for the best way to work with and support a person who is experiencing mental health problems and financial difficulties. They are for use by financial counsellors, financial institution staff and mental health professionals. The Principles are endorsed by The Royal Australian and New Zealand College of Psychiatrists (RANZCP), Financial Counselling Australia (FCA), Mental Health Australia, RFi Group, the RFi Roundtable, The Australian College of Mental Health Nurses (ACMHN) and The General Practice Mental Health Standards Collaboration (GPMHSC).

Guidelines for Providing Mental Health First Aid to Aboriginal and Torres Strait Islander People with Gambling Problems

These guidelines are designed to help members of the public to provide mental health first aid to an Aboriginal or Torres Strait Islander person who may be experiencing gambling problems. The guidelines aim to be respectful to cultural differences.

Considerations When Providing Mental Health First Aid to an LGBTIQ Person

These guidelines describe how members of the public should tailor their approach when providing mental health first aid to an LGBTIQ person who may be developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis.

REVISED - Guidelines for Providing Mental Health First Aid to Aboriginal and Torres Strait Islander People Experiencing Suicidal Thoughts and Behaviour AMHFA Suicide Guidelines

These guidelines describe how members of the public should provide mental health first aid to an Aboriginal person who may be having thoughts of suicide.

REVISED - Guidelines for Providing Mental Health First Aid to Aboriginal and Torres Strait Islander People Engaging in Non-Suicidal Self-Injury

These guidelines describe how members of the public should provide mental health first aid to an Aboriginal person engaging in non-suicidal self-injury.
ONGOING RESEARCH TO DEVELOP COURSE CURRICULUM

Development of gatekeeper training to improve the capacity of Aboriginal and Torres Strait Islander communities to prevent youth suicide

This project aims to develop and evaluate suicide prevention gatekeeper training courses for Aboriginal and Torres Strait Islander communities and for non-Aboriginal frontline workers. The aim is to empower these workers to take action to reduce the risk of suicide and self-injury in Aboriginal and Torres Strait Islander youth.

COMPLETED AND PUBLISHED RESEARCH EVALUATING COURSE OUTCOMES


Hart LM, Mason RJ, Kelly CM, Cvetkovski S, Jorm AF. ‘teen Mental Health First Aid’: a description of the program and an initial evaluation, International Journal of Mental Health Systems 2016; 10:3. Full text: www.ijmhs.com/content/10/1/3

ONGOING RESEARCH TO EVALUATE COURSE OUTCOMES

Evaluation of the Mental Health First Aid for the Suicidal Person Course

This is an evaluation of the Mental Health First Aid for the Suicidal Person course. Knowledge, attitudes, behaviours and confidence in providing assistance to a suicidal person will be assessed before the course, immediately after and six months after the course.

Exploring the role of Mental Health First Aid Officers in workplaces

The aim of this study is to explore how Mental Health First Aid Officers are selected and supported in their organisation, how they fit into an overall strategy on workplace mental health and the benefits and challenges workplaces have experienced with the role to date. It is hoped that the research will result in recommendations for other workplaces when appointing Mental Health First Aid Officers.

Evaluating the usefulness of downloaded guidelines on how to help someone with gambling problems

Using the Delphi method, Mental Health First Aid Australia and the University of Melbourne in consultation with the Victorian Responsible Gambling Foundation and Turning Point, developed international guidelines for how to help someone with gambling problems. This project aims to evaluate the usefulness of these guidelines when downloaded.
WorkplaceAid: a randomised controlled trial on improving MHFA skills in the workplace

www.workplaceaid.net.au

This study is looking at the effects of two delivery models of MHFA training in the workplace with Victorian and Canberran public servants. It compares a tailored blended course (eLearning MHFA course combined with a face-to-face session), a tailored eLearning only MHFA course and an eLearning physical first aid course (control condition). The aim of this study is to investigate the effects on mental health first aid knowledge, recognition of mental health problems, stigmatising attitudes, supportive behaviour if someone at work develops a mental health problem, confidence in providing this help and participant mental health. The study will look at the effects of the training immediately after the training, then one year and finally, two years after. This study is being carried out in a partnership between MHFA Australia and the Centre for Mental Health, Melbourne School of Population and Global Health, University of Melbourne with funding from the National Health and Medical Research Council (NHMRC).

TeenAid: a randomised controlled trial on improving MHFA skills in upper high school students

This is a cluster randomised controlled trial of the teen MHFA course with secondary high school students in Years 10-12 across four Victorian schools. The teen MHFA course is being compared with a short physical first aid course as the control. Students are being assessed at pre, post and 12 months after training. Knowledge, attitudes, confidence and student mental health will be assessed. This study is a collaboration with the Centre for Mental Health, Melbourne School of Population and Global Health, University of Melbourne with funding from Australian Rotary Health.

First aid training for parents of teenagers

www.tpot.net.au

This is a large randomised controlled trial investigating if providing Mental Health First Aid training to parents when their child is in early adolescence has a long-term benefit to their relationship with their child and to the child’s mental health. Mental Health First Aid training is being compared to Red Cross first aid training as a control. This study is a collaboration with the Centre for Mental Health, Melbourne School of Population and Global Health, University of Melbourne with funding from NHMRC.
OBJECTIVE 3

To be recognised as the leader in mental health first aid education

STRATEGIES

a. Invest in MHFA’s brand profile and awareness.

b. Promote indicators of leadership and the effectiveness of MHFA.

c. Pursue opportunities to receive recognition for the quality of MHFA programs.

d. Cultivate relationships with well respected, relevant organisations and community groups that have complimentary objectives.

e. Raise awareness of MHFA with the media, government and business.

MAJOR MEDIA AND PROMOTION ACTIVITIES

Mental Health Week Campaign – Mental Health First Aid is for Everyone, Everywhere


On the 10th of October, MHFA Australia launched an online campaign to tie in with the 2016 World Mental Health Day theme. As mentioned earlier, the theme set by the World Federation of Mental Health (WFMH) was ‘Mental health first aid and psychological first aid for all’. MHFA Australia’s campaign focused on the slogan ‘Across Australia there is a Mental Health First Aid Course for everyone, everywhere’ including a video featuring Instructors from across Australia.

ESTA (000) showcasing how Mental Health First Aid can be used in the workplace


Emergency Services Telecommunications Authority (ESTA - 000) showcased how Mental Health First Aid is used in their workplace for Channel Nine News. The video shows how MHFA is helping strengthen individual and team resilience and the well-being of their people.

CEO Betty Kitchener AM invited to speak as Australia Day ambassador at event in Inglewood


AWARDS


UNSW Alumni Award 2016, Betty Kitchener AM (May 2016)

UNSW Inaugural Australian Mental Health Prize 2016, Betty Kitchener AM Finalist (Dec 2016)

Recipients of the 2016 UNSW Alumni Award.

L - Betty Kitchener.
CONFERENCE PRESENTATIONS

Betty Kitchener presented at:
Australia Day event in Inglewood, Vic
National Suicide Prevention Conference, Canberra, ACT
Keynote presentations at World Federation for Mental Health International Conference, Cairns, Qld

Betty Kitchener and Prof Tony Jorm presented at:
Rotary District Cruise Conference
NCBH National (NatCon) Conference, Las Vegas, USA

Nataly Bovopoulos presented at:
Law Society South Australia, Adelaide, SA
Centre for Rural and Remote Health, Orange, NSW
Workplace Mental Health: An Action Plan for Australia, Hobart, TAS
WorkSafe Conference, Melbourne, Vic

Dr Claire Kelly presented at:
Generation Next 2016 events across Australia
2016 School Nurses Association of NSW Conference, Sydney, NSW

90-minute workshop for Rotary’s Youth Leadership Awards (RYLA) program

Dr Kathy Bond presented at:
Chartered Accountants Australia and New Zealand Regional and Rural Advisory Committee member engagement event, Adelaide, SA

Betty and Tony relaxing/finishing their talk for the Rotary Cruise Conf.

MENTAL HEALTH FIRST AID SKILLED WORKPLACES INITIATIVE

The Mental Health First Aid Skilled Workplaces Initiative, launched in 2015, recognises and rewards the many workplaces across Australia that are doing wonderful work in increasing mental health literacy by rolling out MHFA Courses for employees. In 2016, the Skilled Workplaces Initiative was re-structured to make it more accessible to and inclusive of workplaces of varying sizes (see Table).

<table>
<thead>
<tr>
<th>Workplace size</th>
<th>Percentage of staff trained</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Bronze</td>
</tr>
<tr>
<td>Small (2-50 staff)</td>
<td>10%</td>
</tr>
<tr>
<td>Medium (51-100 staff)</td>
<td>5%</td>
</tr>
<tr>
<td>Large (501+ staff)</td>
<td>2.5%</td>
</tr>
</tbody>
</table>
The following workplaces are committed to MHFA training and are recognised as Skilled Workplaces, with their level of recognition achieved and/or maintained during 2016.

**GOLD**

**Large organisations**
- Grampians - Department of Justice and Regulation
- Knox City Council
- Uniting Care Wesley Port Adelaide Inc.
- Western Australia Police

**Medium organisations**
- Armidale High School
- Batemans Bay High School
- Blackmans Bay Childrens Services Inc
- Browns Supa IGA
- Byron Bay High School
- Castle Personnel Services
- Central Coast Primary Care
- Chatham High School
- Coffs Harbour Employment Support Services (CHESS)
- Community Living Australia
- Coorong District Council
- Eastern Goldfields College
- Government of WA – Dept of Corrective Services
- Greenwood College
- Hallmark General Insurance Co. Ltd
- Hope Community Services - Perth Metro
- Human Resources, The University of Queensland
- Inner South Community Health
- Inteliife Group
- International Grammar School
- Laidley State High School
- Maffra Secondary College
- MEEDAC Inc
- Mission Australia WA
- Monash Residential Services
- NSW National Parks & Wildlife Service - North Plains
- Pathfinders Ltd
- Pay & Administration Centre Vic, Dept of Defence
- Re-engage Youth Services Inc
- Security Section, Properties & Facilities Division, UQ
- South West Aboriginal Medical Service
- The Personnel Group
- Uniting Recovery and Uniting Hope
- Weeroona Association Inc
- Willyama High School

**Small organisations**
- Accoras
- ATC Midwest
- Better Hearing Australia
- Bingara Central School
- Bordertown Primary School
- Burgmann College
- Canefields Clubhouse
- ConnectGroups Support Groups Assoc. WA Inc.
- Gilgandra High School
- Good Country Physiotherapy
- Helping People Achieve- HPA
- Hope Community Services - Midwest
- Hope’s Room Limited
- Ipswich Flexible Learning Centre
- Jacaranda Clubhouse Association
- Karakan
- Murray Nankivell + Associates Pty Ltd - Bordertown
- Naracoorte High School Independent Learning Centre
- NB&A Group
- Northern District Community Health Service
- Out Doors Inc
- RichmondPRA - Morisset Street, Queanbeyan
- Southern Mallee Primary Care Partnership
- St Peter’s Preschool Tamworth Inc.
- Tamworth Community College
- TASC National
- West Gippsland Catchment Management Authority
- Whittlesea Community House
- Wimmera Southern Mallee LLEN
- Work Life Smart Systems
- Youth Opportunities Association (SA) Inc

**SILVER**

**Large organisations**
- Bossley Park High School
- Downer Mining
- Northern Sydney Institute
- Royal Automobile Association of South Australia
- St Rita’s College

**Medium organisations**
- Cleveland District State High School
- Kinross College
- Loddon Shire Council
- MTC Australia
- Queensland Law Society
- Tunstall Healthcare

**Small organisations**
- Albert Park Preschool
- Bridges Connecting Communities Ltd
- Henri Nouwen House Inc.
- Leo Cussen Centre For Law
- The Grange Community Centre
- Warrina Services

**BRONZE**

**Medium organisations**
- Accident Compensation Conciliation Service (ACCS)
- Ellenbrook Secondary College
- Interchange Gippsland
- Moorabool Shire Council
- State Records Authority of New South Wales
- The Ipswich State High School

**Small organisations**
- JobNet Tasmania
- RCR Resources - Mining OSR
MHFA SKILLED WORKPLACES AWARDED GOLD IN 2016
Congratulations!
OBJECTIVE 3 CONTINUED

ONLINE EXPOSURE

Across 2016, there was a total of 233,009 users of the MHFA Australia website: www.mhfa.com.au

SOCIAL MEDIA EXPOSURE

MHFA Australia’s Facebook page began with 5,881 fans at the beginning of the year and finished with 8,803 by 31 December 2016 – an almost 50% increase

- 8.8K Fans
- 121 Posts
- 13K Engagement

MHFA Australia’s Twitter account began with 4,940 followers at the beginning of the year and finished with 6,646 by 31 December 2016 - an almost 35% increase

- 6.6K Followers
- 236 Tweets
- 1.8K Engagement
OBJECTIVE 4

To be an effective advocate of our vision

STRATEGIES

a. Identify where systemic changes are required to achieve our vision.

b. Raise awareness about the need for change and propose pathways to achieve it.

c. Engage with and persuade decision makers and influencers.

MHFA Australia continues to be a member of the peak body Mental Health Australia.

MHFA Australia advocates for marriage equality

MHFA Australia wholeheartedly supports the position statement on marriage equality released by Mental Health Australia in October 2016: www.mhaustralia.org/general/clone-marriage-equality-statement

People who identify as LGBTIQ have higher rates of mental illness and suicide than the general community. Any discrimination that targets LGBTIQ people has a negative impact on their mental health. MHFA Australia called on the Australian Government to save the $160 million committed to holding a plebiscite on marriage equality and instead pass marriage equality laws through the Parliament.
OBJECTIVE 5

To be operationally and financially sustainable

STRATEGIES

a. Prudently and effectively manage resources.
b. Secure sustainable and diverse income streams.
c. Translate effective governance principles into practice.
d. Implement a risk management framework.
e. Ongoing monitoring of KPIs by the Board.
f. Review internal operations to ensure delivery of services is effective and sustainable.

MHFA Australia would like to thank the following people and organisations for supporting us in 2016.

DONATIONS

A total of $30,882 was received in donations during 2016, including the following:

UNDER $50
Daryl Odgers
Darcy Dursun
Jason Hewerdine
Sina Gray-Barberio
Horna Gladys
Jill Kendall
Anthony Byrne

$50 AND OVER
Maxine Santich
Marcelina Sumera
Yuan Wong
Jennifer Job

MAJOR DONORS
Mind Matters Ball (see Fundraisers section for more detail) - $18,000
Betty Kitchener AM - $10,000
Rotary Club of Carlton - $2,500
The Australian Government Department of Health - funding for MHFA training for frontline community workers, under the Taking Action to Tackle Suicide Initiative.

The Australian Government Department of Prime Minister and Cabinet Grant - funding for the Aboriginal and Torres Strait Islander MHFA Program.

The Victorian State Government - funding to train 750 people in MHFA as part of a relief package for dairy farmers.

The Ian Potter Foundation - funding to conduct a pilot evaluation of the teen MHFA course for young people in years 7-9.

Cause We Can, a group of five local women, raised $18,000 for MHFA Australia at their Mind Matters Ball in Melbourne. Funding was used to develop a new film for the Youth MHFA course.

<table>
<thead>
<tr>
<th>REVENUE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Government funding</td>
<td>1,533,581</td>
</tr>
<tr>
<td>Non-government funding</td>
<td>12,682</td>
</tr>
<tr>
<td>Training</td>
<td>1,500,943</td>
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<tr>
<td>Sales</td>
<td>1,519,274</td>
</tr>
<tr>
<td>Other</td>
<td>856,590</td>
</tr>
<tr>
<td>Interest income</td>
<td>96,152</td>
</tr>
<tr>
<td><strong>TOTAL REVENUE</strong></td>
<td><strong>5,519,222</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>EXPENSES</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Cost of Sales</td>
<td>1,080,900</td>
</tr>
<tr>
<td>Website</td>
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</tr>
<tr>
<td>Accounting</td>
<td></td>
</tr>
<tr>
<td>Bank fees</td>
<td>7,970</td>
</tr>
<tr>
<td>Rent &amp; outgoings</td>
<td>83,027</td>
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<tr>
<td>Finance costs</td>
<td>1,880</td>
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<td>Telephone</td>
<td>9,188</td>
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<tr>
<td>Depreciation</td>
<td>26,681</td>
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<tr>
<td>Inventory write off</td>
<td>13,460</td>
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<tr>
<td>Other</td>
<td>389,856</td>
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<tr>
<td>Grants</td>
<td>722,138</td>
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<td>Payroll</td>
<td>1,354,971</td>
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<tr>
<td>Insurance</td>
<td>8,711</td>
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<tr>
<td>Audit fees</td>
<td>10,000</td>
</tr>
<tr>
<td><strong>TOTAL EXPENSES</strong></td>
<td><strong>3,723,704</strong></td>
</tr>
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</table>

**SURPLUS** 1,795,518

<table>
<thead>
<tr>
<th>OTHER COMPREHENSIVE INCOME</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Revaluation of financial assets</td>
<td>30,521</td>
</tr>
<tr>
<td><strong>TOTAL COMPREHENSIVE INCOME ATTRIBUTABLE TO MEMBERS OF THE EQUITY</strong></td>
<td><strong>1,826,039</strong></td>
</tr>
</tbody>
</table>
### Statement of Financial Position as of 31 December 2016

<table>
<thead>
<tr>
<th>ASSETS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Current assets</strong></td>
<td></td>
</tr>
<tr>
<td>Cash and cash flow equivalents</td>
<td>3,040,014</td>
</tr>
<tr>
<td>Trade receivables</td>
<td>39,707</td>
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<tr>
<td>Inventory</td>
<td>299,423</td>
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<tr>
<td>Other current assets</td>
<td>262,208</td>
</tr>
<tr>
<td>Financial assets</td>
<td>2,250,000</td>
</tr>
<tr>
<td><strong>TOTAL REVENUE</strong></td>
<td>5,891,352</td>
</tr>
<tr>
<td><strong>Non-current assets</strong></td>
<td></td>
</tr>
<tr>
<td>Property, plant and equipment</td>
<td>35,715</td>
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<tr>
<td>Financial assets</td>
<td>1,577,095</td>
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<td><strong>TOTAL NON-CURRENT ASSETS</strong></td>
<td>1,612,810</td>
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<tr>
<td><strong>TOTAL ASSETS</strong></td>
<td>7,504,162</td>
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</table>

<table>
<thead>
<tr>
<th>LIABILITIES</th>
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<tbody>
<tr>
<td><strong>Current liabilities</strong></td>
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<tr>
<td>Trade and other payables</td>
<td>253,256</td>
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<tr>
<td>Unidentified receipts</td>
<td>10,578</td>
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<tr>
<td>Employee entitlements</td>
<td>99,621</td>
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<tr>
<td>Unexpended government funding</td>
<td>306,234</td>
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<tr>
<td>Unexpended non-government funding</td>
<td>53,565</td>
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<tr>
<td>Receipts in advance</td>
<td>322,495</td>
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<tr>
<td>Accrued audit fee</td>
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<td><strong>TOTAL CURRENT LIABILITIES</strong></td>
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<td><strong>Non-current liabilities</strong></td>
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<td>Provisions</td>
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<td><strong>TOTAL NON-CURRENT LIABILITIES</strong></td>
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<tr>
<td><strong>TOTAL LIABILITIES</strong></td>
<td>1,085,394</td>
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| NET ASSETS                     | 6,418,768|

<table>
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<tr>
<th>EQUITY</th>
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<tbody>
<tr>
<td>Retained surplus</td>
<td>6,388,247</td>
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<tr>
<td>Reserves</td>
<td>30,521</td>
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<tr>
<td>Total equity</td>
<td>6,418,768</td>
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