MENTAL HEALTH
FIRST AID AUSTRALIA

ANNUAL REPORT
2017
VISION

A COMMUNITY WHERE EVERYONE HAS THE FIRST AID SKILLS TO SUPPORT PEOPLE WITH MENTAL HEALTH PROBLEMS.

MISSION

PROVIDE HIGH QUALITY, EVIDENCE-BASED MENTAL HEALTH FIRST AID EDUCATION TO EVERYONE.
2017 IN REVIEW

LETTER FROM THE CEO AND CHAIR OF THE BOARD

2017 WAS A YEAR OF GROWTH AND CHANGE...

Since then MHFA has developed into the well established, evidence based program that is known around the world today. In 2017, we were proud to welcome new international licensees from urban India and the UAE to the MHFA family. The program is now licensed to 22 countries around the world.

However, there are still areas in our community where mental health problems are sadly under-recognised and under treated. In 2017 we addressed one of these areas through launching the Older Person MHFA program. This program was five years in the making, and we were delighted to train our first Instructors in October 2017. The need in this area is only just beginning to be publicly recognised and discussed. MHFA Australia is at the forefront of meeting community need again.

The feedback that we receive about the impact of MHFA in the community continues to remind us why mental health first aid skills are so important, and how they can be life saving.

In 2017, we encouraged MHFAiders to share their stories about using MHFA, through our “I am one” campaign. I hope that you saw the very moving videos of some of our MHFAiders.

We are continuing to ensure that our curriculum includes the latest research and remains relevant. We have updated our Standard and Youth program to Edition 4, and started work on the Edition 3 of the Aboriginal program.

2017 was a significant year for another reason, although this one more bittersweet. Our co-founder Betty Kitchener stepped down as CEO to embrace semi-retirement. Betty was an amazing force in the office – tireless and so passionate about spreading the reach of MHFA across Australia and the world. While she is missed as CEO, Betty is still very much a part of the MHFA Australia team, both as a member of the Board and a Trainer for the Older Person MHFA program.

In late 2017, the Board and Executive reaffirmed our vision for a community where everyone has the first aid skills to support people with mental health problems. We are developing a number of new initiatives to continue to strive towards that goal.

2018 looks like being an equally exciting year!

Nataly Bovopoulos
CEO

Tony Jorm
Professor Tony Jorm
Chair

IN 2017, WE CELEBRATED TRAINING OVER 2 MILLION FIRST AIDERS AROUND THE WORLD. WE ARE SO PROUD OF THIS MILESTONE, AND HOW FAR WE HAVE COME SINCE BETTY AND TONY CAME UP WITH THE IDEA OF TEACHING COMMUNITY MEMBERS HOW TO PROVIDE INITIAL SUPPORT TO PEOPLE WITH MENTAL HEALTH PROBLEMS, ON A DOG WALK IN 1999.
SINCE IT’S INCEPTION IN 2000, MENTAL HEALTH FIRST AID HAS EVOLVED INTO A GLOBAL MOVEMENT.

2 MILLION
OVER 2 MILLION PEOPLE TRAINED GLOBALLY AND COUNTING...

500,000+
OVER HALF A MILLION AUSTRALIANS HAVE COMPLETED OUR COURSES

22
MHFA HAS NOW BEEN ADOPTED BY 22 COUNTRIES

4000
OVER 4000 MHFA COURSES ARE RUN IN AUSTRALIA EACH YEAR

MILLIONS OF PEOPLE HAVE BECOME MENTAL HEALTH FIRST AIDERS...
## 2017 HIGHLIGHTS

### OVERVIEW OF STATISTICS

<table>
<thead>
<tr>
<th>Metric</th>
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<td>MHFAIDERS Trained</td>
<td>67,124</td>
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<td>New Instructors Trained</td>
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<td>Total Instructors</td>
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<td>Principal Master Instructors</td>
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<td>Average Number of MHFA Courses Run per Day</td>
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<td>New MHFA Courses Launched</td>
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<td>New Grants Received</td>
<td>4</td>
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<tr>
<td>$2.6m*</td>
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</table>

*To be received over four years
OPMHFA trains people who care for, live or work with older people to recognise and respond appropriately to older people developing mental health problems, rather than waiting until a mental health crisis develops to take action.

This course has been informed by the expert consensus of carers and professionals with experience in dementia and delirium, and teaches skills in how to support an older person experiencing depression, anxiety, confusion and dementia, psychosis and a range of mental health crises.

MENTAL HEALTH PROBLEMS ARE UNDER DIAGNOSED AND UNDER TREATED IN THE OLDER POPULATION
IN OCTOBER 2017, MHFA AUSTRALIA LAUNCHED THE ‘I AM ONE’ CAMPAIGN TO CELEBRATE A NEW MILESTONE

Over 500,000 Australians and 2 million people worldwide have undertaken mental health first aid training.

This campaign acknowledged the millions of stories with the release of five films, detailing the inspirational stories of five MHFAiders.

We also encouraged other MHFAiders to share their own story about using their mental health first aid skills using the #iamonemhfa hashtag.

THE #IAMONE CAMPAIGN REACHED 150,000+ PEOPLE
This was a photo taken on the 7th Feb 2017. 8 months ago and yet was my 2nd day in this whole new world I’ve stepped on. A pose full or pride and a smile full of happiness, that’s all you can see. But you never know what lies behind each step she takes and every move she makes.

Day by day we interact with a diverse range of people ~ different personalities, behaviours, attitudes; different strengths, different fears. And as each day pass by, we tend to realize that Everyone is fighting their own battle, just as you are fighting yours. You might encounter someone who is dealing with a perfect struggle, and so you might be in your own too! Be the person who is fierce enough to see through the pain in every eye, the sadness in every laughter and feel the struggle in every discomposure. Learn your limits and know when to seek professional help. So that in your own trial, you will know how to fight to overcome the ultimatum, as you are able to with other people.

Before this day ends, I would like to acknowledge today’s World Mental Health Day! 10 Oct 2017

I am an Accredited Australian Mental Health First Aider. Over 2 million have become one, be one too. #iamonemhfa #worldmentalhealthday #mhfa
MHFA Australia farewelled co-founder Betty Kitchener from her role as CEO at the start of 2017. Betty had led the program for 17 years, since developing MHFA and founding Mental Health First Aid with Tony Jorm in 2000.

As CEO, Betty worked passionately to spread the reach of MHFA across Australia and internationally. She has received many awards recognising her achievements, including becoming a Member of the Order of Australia in 2015.

Betty remains both a member of the MHFA Australia Board and a Consultant for the Older Person MHFA program.

We thank Betty for all of the tireless work she has done in her many roles at MHFA Australia.
MEETING OUR STRATEGIC OBJECTIVES
OBJECTIVE 1

IMPROVE MENTAL HEALTH FIRST AID SKILLS IN THE COMMUNITY

NEW COURSES

AT MHFA AUSTRALIA WE WORK PASSIONATELY EVERY DAY TO IMPROVE MENTAL HEALTH FIRST AID SKILLS IN THE COMMUNITY. IN 2017, WE LAUNCHED A NUMBER OF NEW AND UPDATED COURSES TO HELP MEMBERS OF THE PUBLIC DEVELOP THE SKILLS NEEDED TO HELP PEOPLE IN THEIR COMMUNITIES, AT WORK, PLAY AND AT HOME.

We updated our Standard, Youth and teen MHFA courses to a new edition with the latest evidence about prevalence, treatment and mental health first aid strategies for people with mental health problems. We started working on a new edition of the Aboriginal MHFA course.

New MHFA programs encourage specific populations to undertake MHFA, as the content is more relevant for them. We recognised the need to support older people with mental health problems, and developed the Older Person Mental Health First Aid course (see pg 5).

Pharmacists are particularly well placed as frontline health professionals to provide mental health first aid to their clients. MHFA Australia worked closely with the pharmacy sector to tailor the Standard MHFA course specifically to teach pharmacists and pharmacy staff how to assist a customer who is developing a mental health problem or in a mental health crisis. The course was launched in September 2017.

Lawyers are consistently identified as a profession with one of the highest prevalence of mental health problems, yet help seeking behaviour is often very low. To address this, MHFA Australia worked with the legal sector to tailor the Standard course to develop a course that is tailored to legal professionals including additional content specifically relevant to this cohort.

In Australia, about 1.1% of the adult population (about 200,000 people) can be categorised as having gambling problems, with a further 230,000 to 350,000 experiencing moderate risks that may make them vulnerable to gambling problems. Many Australian’s lives are impacted directly and indirectly as a result of problem gambling. Those with gambling problems are at increased risk of suicide and are likely to experience mental health problems including depression, anxiety and substance use problems.

To address this need, the MHFA for Gambling Problems course was developed and launched in late 2017. The course aims to address these concerns by teaching community members how to provide mental health first aid to people experiencing gambling problems.

200+ PHARMACY STAFF WERE TRAINED IN 2017
Chartered Accountants, like many professional service providers, often have conversations about mental health problems and financial difficulties in the course of their work. Members of Chartered Accountants Australia and New Zealand (CA ANZ), the membership organisation for Chartered Accountants, recognised that this was an increasing issue that they needed greater support in. In looking to support their members, CA ANZ approached MHFA Australia for help.

CA ANZ and MHFA Australia worked together to tailor the existing MHFA Australia guidelines for financial counsellors working with clients with financial difficulties and mental health problems, to be appropriate for chartered accountants.

This resulted in the creation of *A Guide for Chartered Accountants: Engaging with people experiencing mental health problems and financial difficulties*, which is available for download on the MHFA Australia and CA ANZ websites. Dr Kathy Bond, Senior Researcher at MHFA Australia presented highlights of the guide to members at four state-based CA ANZ meetings.
OBJECTIVE 1 - CONT’D

IMPROVE MENTAL HEALTH FIRST AID SKILLS IN THE COMMUNITY

INTERNATIONAL GROWTH

It was a busy year of training and implementation across the world.

In February, we travelled to England to provide training to deliver the Youth and teen programs to our existing licensees - England, Wales, Northern Ireland and the Ireland Republic.

In July, MHFA Australia travelled to India to train MPower Minds in the Youth and teen program.

In September, we travelled to the United Arab Emirates to train Lighthouse Arabia in the delivery of the Standard programs.

Interest in MHFA internationally continues to grow, and in late 2017 we had many new enquiries about licensing the program overseas. In particular, an article about mental health first aid in Germany’s Der Spiegel magazine resulted in a significant number of enquiries from organisations wanting to license MHFA in Germany and across Europe.
OBJECTIVE 1 - CONT’D

IMPROVE MENTAL HEALTH FIRST AID SKILLS IN THE COMMUNITY

FRONTLINE

With funding from the Australian Government Department of Health, MHFA Australia developed specific courses for medical students, nursing students and financial counsellors.

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>NURSING STUDENTS</td>
<td>23,377</td>
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<tr>
<td>MEDICAL STUDENTS</td>
<td>7,817</td>
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<tr>
<td>FINANCIAL COUNSELLORS</td>
<td>1,293</td>
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</tbody>
</table>

FROM 2012-2017 OVER 32,000 PEOPLE COMPLETED MHFA TRAINING.

TRAINING TEEN MHFA INSTRUCTORS

The new teen MHFA Instructor training course was launched, removing the prerequisite for people undertaking teen Instructor training to be accredited Youth MHFA Instructors.

The four day course gives teen Instructors more time to develop and practise the skills required to be able to deliver both the junior and senior teen courses.

The new course has been a success and 78 new teen Instructors were trained in 2017.
ENSURING THAT ALL MENTAL HEALTH FIRST AID COURSES ARE EVIDENCE BASED, AND HAVE BEEN EVALUATED TO HAVE A POSITIVE IMPACT, IS A FOUNDATION OF MHFA AUSTRALIA. WE USE THE DELPHI METHODOLOGY TO DEVELOP THE EVIDENCE BASE FOR EACH PART OF THE MENTAL HEALTH FIRST AID COURSES WE CREATE, AND REVIEW THE EVIDENCE BASE AT LEAST EVERY 10 YEARS. THEN, ONCE THE COURSE HAS BEEN LAUNCHED, WE UNDERTAKE EVALUATIONS OF THE COURSE TO ENSURE THAT IT IS HAVING THE ANTICIPATED POSITIVE IMPACT.

WE ARE THE ONLY MENTAL HEALTH TRAINING PROGRAM FOR THE COMMUNITY THAT USES THIS RIGOROUS METHODOLOGY.

2017 HIGHLIGHTS

GUIDELINES PUBLISHED
In 2017, the following guidelines developed in 2016 were published in peer reviewed journals:

• What a person needs to consider when providing mental health first aid to an LGBTIQ+ person with mental health problems.

• How a family or community member can assist an Aboriginal or Torres Strait Islander person experiencing gambling problems.

• How to provide mental health first aid to Aboriginal and Torres Strait Islanders who are engaging in non suicidal self-injury

NEW UNCONTROLLED TRIALS COMMENCED IN PARTNERSHIP WITH UNIVERSITY OF MELBOURNE:

teen MHFA 7-9 course. This study evaluated the impact of the teen MHFA course on year 8 students at five Victorian high schools. Results of the study are due to be published mid 2018.

MHFA for the Suicidal Person course. This ongoing study is evaluating the impact of the MHFA for the Suicidal Person course and is due to be completed late 2019.

Older Person MHFA course. This ongoing study is evaluating the impact of the OPMHFA course and is due to be completed in late 2018 - early 2019.

OBJECTIVE 2
MHFA PROGRAMS ARE CURRENT, EVIDENCE BASED AND RIGOROUSLY EVALUATED
PROVIDING MHFA TO A DEAF PERSON

We are working with the QLD Statewide Deafness and Mental Health Consultation and Liaison Service, and with members of the Deaf community to develop guidelines for what Deaf or hearing people need to consider when providing mental health first aid to a Deaf person. This project is due to be finished in early 2019.

PROVIDING MHFA TO SOMEONE WITH DEPRESSION

We are updating the 2008 guidelines for providing mental health first aid to someone experiencing depression. This project is due to be completed in 2018.

PROVIDING MHFA TO SOMEONE WITH PSYCHOSIS

We are updating the 2008 guidelines for providing mental health first aid for someone experiencing psychosis. This project is due to be completed in early 2019.
Aboriginal and Torres Strait Islander mental health is such an area of need, and MHFA Australia was delighted that the Australian Government Department of Prime Minister and Cabinet recognised this by extending their funding support for development and delivery of the Aboriginal and Torres Strait Islander MHFA (AMHFA) program. With this funding, we were able to develop a new edition of the AMHFA course in 2017, which will be evaluated from 2018. The funding will also support development (in 2018) of specialised AMHFA programs, to assist Aboriginal and Torres Strait Islander people experiencing gambling problems.

**SUPPORTING THE DEVELOPMENT OF NEW PROGRAMS TO PREVENT SUICIDE ACROSS AUSTRALIA**

In early 2017, the Hon. Greg Hunt MP Minister for Health announced the National Suicide Prevention, Leadership and Support Program, in which more than $43 million will be allocated to 16 projects focused on suicide prevention in Australia.

MHFA Australia was fortunate to receive funding under the program. Over a three year period, from May 2017 - September 2019, MHFA Australia will receive a total of $2.45 million in funding.

This funding enables a number of activities including developing, rolling-out and evaluating specialised courses on non-suicidal self-injury (NSSI) and gambling problems. It will also fund the roll-out of subsidised eLearning MHFA training for health and human service tertiary students.

**DELIVERY OF ABORIGINAL MHFA COURSE TO DEPARTMENT OF PRIME MINISTER AND CABINET REGIONAL NETWORK STAFF**

Between March and June 2017, MHFA Australia was funded to coordinate and deliver 15 Aboriginal and Torres Strait Islander MHFA courses to Department of Prime Minister and Cabinet Regional Network staff. In total, 214 staff participated across Australia, from Broome and Darwin to Condobolin and Adelaide. Participants commented on how much the course improved their knowledge, was relevant to their role and also how useful it was to train with their colleagues. Overall, 90% of participants said they would recommend the training to others, and as one participant said: "This should be mandatory training for all public servants working with Indigenous communities."

**SUPPORT FOR THE OLDER PERSON MHFA COURSE**

Murray Primary Health Network is supporting the evaluation of the Older Person MHFA course through providing funding to deliver the course to home care workers within their catchment and evaluate the impact of the courses. The evaluation is due to be complete in 2018. To further build the evidence base for the Older Person MHFA program, and strengthen the results of the study, MHFA Australia is extending this trial to include a 6-month follow-up survey and to survey other Older Person MHFA courses outside the Murray Primary Health Network region.
OBJECTIVE 3
RECOGNISED AS THE LEADER IN MENTAL HEALTH EDUCATION

MHFA IN THE WORKPLACE

John Holland (one of Australia’s largest engineering contractors, with almost 3800 staff) delivered it’s first MHFA course in August 2017. It now has five Instructors and has trained over 200 people across their workplaces. The course is open to all employees and delivered free of charge. The course is not compulsory, so to have such a high number of people volunteer to participate is really encouraging.

Tamara Cracknell, General Manager Self Insurance said “Participants provide positive feedback about the quality of the course and also express the confidence they have upon completion to approach and support people experiencing a mental health crisis. An average of one participant per course reports assisting someone using their newly gained skills within two weeks of completing the course.”

John Holland is a business that believes in improving people’s lives and making a difference where it counts. The company has found the MHFA course to be a useful tool in promoting mental health within the workplace and assisting in removing the stigma associated with mental illness. MHFA training has encouraged co-workers to look out for one another not only within the workplace but also the community.

AWARDS

THEMHS MEDAL

We were delighted and humbled to receive the 2017 THeMHS medal, an award which recognises a "unique and inspiring contribution to Mental Health by an individual or organisation". This medal was accepted by Betty Kitchener and Nataly Bovopoulos at the THeMHS 2017 Annual Conference, held in Sydney.
MHFA Australia is a strong advocate for appropriate representation of suicide and suicidal thoughts and behaviours in popular media. Inappropriate representations give people incorrect information about suicidal thoughts and behaviour which can increase stigma towards suicide and mental illness more generally, and prevent people from seeking help or support.

In response to the television series “13 Reasons Why”, MHFA Australia developed resources to support teachers and parents to have safe conversations with young people about suicide. The series tells the story of a teenage girl who suicides, leaving tapes for her classmates which place the blame on them. MHFA Australia joined youth mental health and suicide prevention services worldwide in expressing our concern about the show, especially the graphic nature of some of the scenes. We believe that the premise of the series sent an inaccurate message that there are clear and linear reasons why a person would contemplate suicide.

To counter this message, MHFA Australia developed support resources for parents and teachers, that included a list of discussion points about the show and a summary of the plot that explained the material that may be distressing or triggering for vulnerable young people. The resources were distributed freely to schools and families.
OBJECTIVE 3 - CONT’D
RECOGNISED AS THE LEADER IN MENTAL HEALTH EDUCATION

SKILLED WORKPLACE INITIATIVE

ENSURING A SUPPORTIVE CULTURE WHEN MENTAL HEALTH PROBLEMS ARISE IN A WORKPLACE IS VERY IMPORTANT. THE MHFA AUSTRALIA SKILLED WORKPLACE INITIATIVE RECOGNISES WORKPLACES THAT TRAIN A PERCENTAGE OF THEIR STAFF IN MHFA.

OVER 150 WORKPLACES HAVE JOINED THE INITIATIVE, MAKING THIS PUBLIC COMMITMENT TO MHFA TRAINING.

GOLD
- Accoras
- Across Culture
- Armidale High School
- ATC Midwest
- Batemans Bay High School
- Bingara Central School
- Blackmans Bay Childrens Services Inc
- Bobby Goldsmith Foundation
- Bordertown Primary School
- Burgmann College
- Byron Bay High School
- Canefields Clubhouse
- Capital Chemist Bowral
- Capital Chemist Kambah
- Capital Chemist Mittagong
- Capital Chemist Wanniassa
- Care Coordination Team - Rockingham General Hospital
- Castle Personnel Services
- Casuarina Prison
- Central Coast Primary Care
- ChaplainWatch Inc.
- Chatham High School
- CHESS Employment
- Comcare
- Community Living Australia
- ConnectGroups Support Groups Association WA Inc.
- Department of Biodiversity, Conservation and Attractions Western Australia
- Dragon Alliance South Pacific
- Eastern Goldfields College
- Encounter Lutheran College
- Flourish Australia
- Good Country Physiotherapy
- GPaxis Seaford
- Grafton High School
- Grampians - Department of Justice and Regulation
- Great Lakes College - Forster Campus
- Greenwood College
- Helping People Achieve
- Henri Nouwen House Inc.
- Intelife Group
- International Grammar School
- Jacaranda Clubhouse Association
- Karakan
- Knox City Council
- Laidley State High School
- Latitude Insurance
- Macedon Ranges Shire Council
- Maffra Secondary College
- MEEDAC Inc
- Melbourne Metro Rail Authority
- Mental Health Association of Central Australia
- Mental Illness Fellowship North Queensland Inc
- Mercer Administration Services
- Milk Crate Theatre
- Mission Australia WA
- Monash Residential Services
- Movement Functional Fitness
- MTC Australia
- Murray Nankivell + Associates Pty Ltd - Bordertown Branch
- Naracoorte High School Independent Learning Centre
- NB&A Group
- Northern Territory Police, Fire and Emergency Services

GOLD = AT LEAST 10% STAFF TRAINED
SILVER = AT LEAST 5% STAFF TRAINED
BRONZE = AT LEAST 2.5% STAFF TRAINED
OBJECTIVE 3 - CONT’D
RECOGNISED AS THE LEADER IN MENTAL HEALTH EDUCATION

• Orange Sky Australia
• Out Doors Inc
• Paramatta Mission
• Pat Thomas House
• Pay and Administration Centre Victoria, Department of Defence
• Pharmacy 777 Nollamara
• Physiotherapy Department, Osborne Park Hospital
• Point Cook Senior Secondary College
• Quality Training and Hospitality College Pty Ltd
• Richmond Fellowship ACT
• Rockingham General Hospital - Patient Support Services
• Ruah Community Services
• Sacred Heart College
• Security Services, South Metropolitan Health Service
• South West Aboriginal Medical Service
• Southern Mallee Primary Care Partnership
• St Peter’s Preschool Tamworth Inc.
• Star Health
• Tamworth Community College
• Tas Gas
• TASC National
• TeamHEALTH
• The Ladder Project Foundation
• The Mining and Quarrying Occupational Health & Safety Committee
• The ORS Group
• The Personnel Group
• Toozly
• Trinity

• University Hall UWA
• Weeroona Association Inc
• West Gippsland Catchment Management Authority
• Western Australia Police
• Whittlesea Community House
• Williamstown High School
• Willyama High School
• Wimmera Southern Mallee LLEN
• Wollongbar Pharmacy
• The ORS Group

SILVER

• Accident Compensation Conciliation Service
• AFS Intercultural Programs Australia
• Albert Park Preschool
• Australia Council for the Arts
• Bossley Park High School
• Capital Chemist Southlands
• Coorong District Council
• Downer Mining
• Ellenbrook Secondary College
• Hobsons Bay City Council
• JobNet Tasmania
• Leadership Western Australia
• Loddon Shire Council
• Lugarno Pharmacy
• Menai High School
• Mount Alexander Shire Council
• Murdoch University
• Pharmacy 777 Maylands
• Queensland Law Society
• Richmond Football Club
• Rockingham General Hospital - Patient Information Services

• Royal Automobile Association of South Australia
• South Grafton High School
• St Rita’s College
• The Grange Community Centre
• Tunstall Healthcare
• UnitingSA
• University of Queensland
• Warrina Services
• Western Australian Symphony Orchestra
• Work Life Smart Systems
• Youth Opportunities Association (SA) Inc

BRONZE

• Bapcare
• Bridges Connecting Communities Ltd
• Churches of Christ in Queensland
• Department of Foreign Affairs and Trade
• Moorabool Shire Council
• Office of Parliamentary Counsel
• The Ipswich State High School
• The National Portrait Gallery
OBJECTIVE 3 - CONT’D
RECOGNISED AS THE LEADER IN MENTAL
HEALTH EDUCATION

MHFA SKILLED WORKPLACES
AWARDED GOLD IN 2017
INTERNATIONAL SUMMIT

It was Ireland’s turn to host the 2nd Mental Health First Aid International Summit. Over 12 countries were represented at the Summit, and it was a great opportunity to share stories of the implementation and success of the program. The international MHFA community is strong and growing.

ADVOCACY

MHFA Australia advocates for improved mental health first aid skills and mental health literacy, and strongly believes that there should be equity around first aid requirements for students and workplaces.

We lobby the Government and partner with other organisations with the same beliefs through our membership of Mental Health Australia and Suicide Prevention Australia. In 2017 we participated in a Life in Mind consultation, and an LGBTIQ+ roundtable.
OBJECTIVE 4 - CONT’D
EFFECTIVE ADVOCATE FOR OUR VISION

THANK YOU FOR THE SUPPORT

GENEROUS ORGANISATIONS AND INDIVIDUALS SUPPORT THE WORK OF MHFA AUSTRALIA.

IN PARTICULAR, WE WOULD LIKE TO THANK OUR DONORS AND SPONSORS IN 2017.

LENDLEASE DONATED $50,000

LENDLEASE NSW DONATED $26,210

BETTY KITCHENER AND TONY JORM DONATED $20,000

NORTON ROSE FULBRIGHT AUSTRALIA AND ASHURT AUSTRALIA
As strong supporters of MHFA Australia for many years, we would like to thank both firms for providing MHFA Australia with invaluable pro-bono legal advice.
AT MHFA AUSTRALIA OUR PEOPLE ARE PASSIONATE ABOUT IMPROVING THE MENTAL HEALTH OF OUR COMMUNITY.

THEY BRING A HUGE AMOUNT OF TALENT, SKILL AND EXPERIENCE TO THE ORGANISATION EVERY DAY. WE THANK EVERYONE FOR THEIR HARD WORK.

MHFA AUSTRALIA’S SUCCESS IS DOWN TO YOU.
OBJECTIVE 4 - CONT’D

OUR PEOPLE

Nataly Bovopoulos
CEO
Sharon Rayner
General Manager
Erin Healy
Personal Assistant
Ailsa Krefft (left July 2017)
Personal Assistant

PROGRAMS

Claire Kelly
Youth Programs Manager
Fiona Blee
Standard Programs Manager
Louise Kelly
Specialised Programs Manager
Suraya Bin Talib
AMHFA Program Manager
Betty Kitchener
OPMHFA Program Manager
Gloria Claessen
Consultant Instructor Trainer and SMHFA Instructor Coordinator
Katrina Dart
Consultant Instructor Trainer and AMHFA Instructor Coordinator
Denise Warmington
Instructor Trainer and Youth and teen MHFA Instructor Coordinator
Kathryn Chalmers
Writer/Editor

FINANCE

Leanne Northausen
Senior Finance Officer
Emiliano Fernandes
Accountant

ADMINISTRATION

Maria Vaid
(Mat Leave from May 2017)
Admin Team Leader and Program Coordinator
Nathan Palmer
Admin Team Leader and Program Coordinator
Amanda Taylor
Inventory Coordinator
Maddison Watts
Program Coordinator
Spencer Lai
Program Coordinator
Brendan O’Keefe
Tech Support and Digital Media Officer
Mark Wilson
Tech Support Officer

RESEARCH

Dr Kathy Bond
Senior Research Officer
Fairlie Cottrill
Research and Project Officer

MARKETING

Ellison Bloomfield
Marketing Manager
Belinda Hood
(Mat Leave from May 2017)
Marketing and Communications Officer
Katherine Birt
Communications Officer

WEB

Sunny Yiu
Senior Drupal Developer and DevOps Engineer
Rene Hostettler
Drupal Developer
Cassandra Tam
Assistant Web Developer
Maria Tsoulakas
Drupal Web Developer

TRAINERS

Alena Farrugia
Consultant Instructor Trainer
Leonie Marks
Consultant Instructor Trainer
Tony Hoare
Consultant Instructor Trainer
Margi MacGregor
Consultant Instructor Trainer
Nathan Campbell
Consultant Instructor Trainer
FINANCIAL REPORTS
# Financial Reports

## Statement of Comprehensive Income

For the Year End 31 December 2017

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<td>Interest Income</td>
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<tr>
<td>Website</td>
<td>48,019</td>
<td>14,922</td>
</tr>
<tr>
<td>Accounting</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Bank fees</td>
<td>11,677</td>
<td>7,970</td>
</tr>
<tr>
<td>Rent &amp; outgoings</td>
<td>139,798</td>
<td>83,027</td>
</tr>
<tr>
<td>Finance costs</td>
<td>2,685</td>
<td>1,880</td>
</tr>
<tr>
<td>Telephone &amp; Internet</td>
<td>8,054</td>
<td>9,188</td>
</tr>
<tr>
<td>Depreciation</td>
<td>25,537</td>
<td>26,681</td>
</tr>
<tr>
<td>Inventory write off</td>
<td>44,093</td>
<td>13,460</td>
</tr>
<tr>
<td>Other</td>
<td>833,352</td>
<td>389,856</td>
</tr>
<tr>
<td>Grants</td>
<td>736,476</td>
<td>722,138</td>
</tr>
<tr>
<td>Payroll</td>
<td>1,749,471</td>
<td>1,354,971</td>
</tr>
<tr>
<td>Insurance</td>
<td>9,575</td>
<td>8,711</td>
</tr>
<tr>
<td>Audit fees</td>
<td>12,300</td>
<td>10,000</td>
</tr>
<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>5,163,325</strong></td>
<td><strong>3,723,704</strong></td>
</tr>
</tbody>
</table>

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Surplus for the period</strong></td>
<td><strong>919,292</strong></td>
<td><strong>1,795,518</strong></td>
</tr>
</tbody>
</table>

**Other comprehensive income**

<table>
<thead>
<tr>
<th></th>
<th>2017</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Revaluation of financial assets</td>
<td>230,087</td>
<td>30,521</td>
</tr>
</tbody>
</table>

**Total comprehensive income attributable to members of the entity**

<table>
<thead>
<tr>
<th></th>
<th>2017</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1,149,379</td>
<td>1,826,039</td>
</tr>
</tbody>
</table>
# STATEMENT OF FINANCIAL POSITION

FOR THE YEAR END 31 DECEMBER 2017

<table>
<thead>
<tr>
<th>Assets</th>
<th>2017</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Current assets</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash and cash equivalents</td>
<td>3,222,707</td>
<td>3,040,014</td>
</tr>
<tr>
<td>Trade receivables</td>
<td>129,040</td>
<td>39,707</td>
</tr>
<tr>
<td>Inventory</td>
<td>332,357</td>
<td>299,423</td>
</tr>
<tr>
<td>Other current assets</td>
<td>91,664</td>
<td>262,208</td>
</tr>
<tr>
<td>Financial assets</td>
<td>200,000</td>
<td>2,250,000</td>
</tr>
<tr>
<td><strong>Total revenue</strong></td>
<td>3,975,768</td>
<td>5,891,352</td>
</tr>
<tr>
<td><strong>Non-current assets</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Property, plant and equipment</td>
<td>47,835</td>
<td>35,715</td>
</tr>
<tr>
<td>Financial assets</td>
<td>4,828,249</td>
<td>1,577,095</td>
</tr>
<tr>
<td><strong>Total non-current assets</strong></td>
<td>4,876,084</td>
<td>1,612,810</td>
</tr>
<tr>
<td><strong>Total assets</strong></td>
<td>8,851,852</td>
<td>7,504,162</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Liabilities</th>
<th>2017</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Current liabilities</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trade and other payables</td>
<td>207,368</td>
<td>253,256</td>
</tr>
<tr>
<td>Unidentified receipts</td>
<td>8,194</td>
<td>10,578</td>
</tr>
<tr>
<td>Employee entitlements</td>
<td>108,121</td>
<td>99,621</td>
</tr>
<tr>
<td>Unexpended government funding</td>
<td>562,153</td>
<td>306,234</td>
</tr>
<tr>
<td>Unexpended non-government fundi</td>
<td>24,348</td>
<td>53,565</td>
</tr>
<tr>
<td>Receipts in advance</td>
<td>304,139</td>
<td>322,495</td>
</tr>
<tr>
<td>Accrued audit fee</td>
<td>10,800</td>
<td>9,600</td>
</tr>
<tr>
<td><strong>Total current liabilities</strong></td>
<td>1,225,123</td>
<td>1,054,749</td>
</tr>
<tr>
<td><strong>Non-current liabilities</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Provisions</td>
<td>58,581</td>
<td>30,645</td>
</tr>
<tr>
<td><strong>Total non-current liabilities</strong></td>
<td>58,581</td>
<td>30,645</td>
</tr>
<tr>
<td><strong>Total liabilities</strong></td>
<td>1,283,704</td>
<td>1,085,394</td>
</tr>
</tbody>
</table>

| Net assets                     | 7,568,147| 6,418,768|

| Equity                         |          |          |
| Retained surplus               | 7,307,539| 6,388,247|
| Reserves                       | 260,608  | 30,521   |
| **Total equity**               | 7,568,147| 6,418,768|