**NUMBER OF STUDENTS**

A total of 1942 year 10 students in 4 schools over 2 school years were trained in either tMHFA or physical first aid (PFA). Of these, 1116 completed evaluation surveys before and after the training.

979 PFA
948 tMHFA

**CONFIDENCE IN HELPING A PEER WITH A MENTAL HEALTH PROBLEM**

Students reported increased confidence in helping a friend with a mental health problem. Pre-training 52.2% reported ‘quite confident’ or ‘extremely confident’ vs 64.9% at post-training.

Students who received PFA: 58.4% before vs 52.3% after.

**RECOGNITION OF SOCIAL PHOBIA/ANXIETY DISORDER**

Students who received tMHFA were three times more likely to report the correct label after their training than students receiving PFA. Correct recognition of social phobia/anxiety disorder: 45% before vs 58.2% after.

**Positive changes to student attitudes towards people with a mental health problem.**

Students who received the teen MHFA Program...

- ‘Had more helpful intentions to support a friend with a mental health problem’
- ‘Were less likely to believe that mental health problems would make someone dangerous or unpredictable’
- ‘More likely to talk to someone if they had a problem like depression’
- ‘More likely to believe that depression is an illness, not a sign of weakness’
- ‘Better recognised teachers and school counsellors as helpful with a mental health problem’
- ‘Showed less desire for social distance’