



**MENTAL
HEALTH
FIRST AID**
Australia



PARTICIPANTS NEEDED

People who have professional or lived experience of extreme distress following a potentially traumatic event.

We are inviting people from Australia, UK, Canada, Denmark, Finland, Germany, France, Ireland, The Netherlands, New Zealand, Sweden, Switzerland and the USA who have expertise in the field of trauma.

AIM OF THIS RESEARCH PROJECT

To develop guidelines on how to provide mental health first aid to a person who has experienced a potentially traumatic event.

TIME COMMITMENT

You will be asked to complete three online surveys over about 4-6 months (so no travel or meetings!) and the total estimated time commitment is approximately 2-3 hours.

Expertise

You will be able to read and write English, be 18 years or older

AND

Have experienced extreme distress following a potentially traumatic event

AND be a member of a consumers' group or an advocacy organisation (e.g. in Australia this might be blueVoices- Beyond Blue)

OR

Have at least **two years experience** in the area of psychological trauma (as a mental health professional or researcher).

If you are interested in participating please contact Kathryn Chalmers at the University of Melbourne: kchalmers1@unimelb.edu.au.