



**MENTAL HEALTH  
FIRST AID®**

For Anyone. For Everyone.™

# A guide to the role of a Mental Health First Aider

## Welcome to the Mental Health First Aider Network

Congratulations on completing a Mental Health First Aid® (MHFA™) course and becoming part of this incredible network of Mental Health First Aiders™ equipped with the skills and knowledge to recognise and respond to someone experiencing a mental health problem.

You should be very proud of becoming an MHFAider® and your contribution to creating mentally healthier communities and workplaces Australia-wide: providing support to someone when it matters most.

By becoming an MHFAider, you help us achieve our vision of 'a world where we all have the skills to support people experiencing mental health problems'. For Anyone. For Everyone.™

Being a Mental Health First Aider is a voluntary role. If at any time you feel it is affecting your health or well-being, or you are not in the right place to support others, you should consider stepping aside from the role. Your own safety and well-being are the priority.

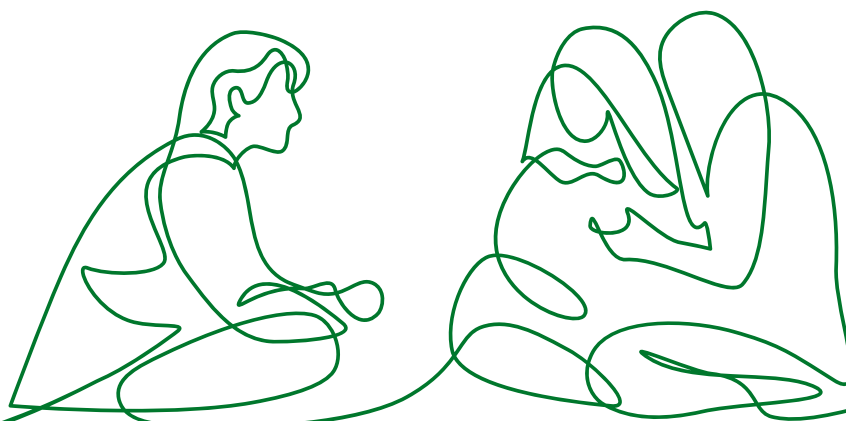
It's important to remember that MHFA courses do not teach people to be therapists or counsellors and do not teach people how to diagnose mental illness or provide ongoing support.

Your role is to act as a point of contact and reassurance for a person who may be experiencing a mental health problem or emotional distress.

**"In all my years of teaching, this is probably the best and most useful professional development I have ever done"**

We look forward to connecting with you and thank you for becoming part of our Mental Health First Aid community!

Now that you are a Mental Health First Aider, you can identify the signs and symptoms of mental health problems and support the people around you, whether that be a friend, neighbour, community member, family member or co-worker. Having Mental Health First Aid skills means that you can assist someone in your life, provide support when it matters most and make a real difference to your community.



# A guide to the role of a Mental Health First Aider

## Being a Mental Health First Aider

As a Mental Health First Aider, your role is to:

- Understand the important factors affecting mental health
- Identify the signs and symptoms for a range of mental health problems
- Be able to maintain confidentiality (as appropriate) and treat all matters sensitively and privately
- Use the ALGEE® Action Plan to provide Mental Health First Aid to someone experiencing a mental health problem or crisis
- Listen non-judgementally and hold supportive conversations about mental health problems
- Guide a person towards seeking appropriate professional help, as your role as a Mental Health First Aider does not replace the need for ongoing support
- Identify any urgent risk and contact emergency services immediately
- Take measures of self-care to ensure your own wellbeing is in a good state to provide support for others
- Maintain your Mental Health First Aider accreditation in accordance with Mental Health First Aid Australia

**Maintaining appropriate boundaries is a key part of successfully providing Mental Health First Aid and keeping yourself safe and well.**

## Support for you as a Mental Health First Aider

Being a Mental Health First Aider is a rewarding role but at times it can be challenging. Support is available through:

### The Mental Health First Aid Australia Blog

Stay informed with a wide range of current and topical issues including information about common types of mental health problems. Our articles are the perfect way to enhance your knowledge and understanding.

[community.mhfa.com.au/blog](https://community.mhfa.com.au/blog)

### Mental Health First Aid Australia Events

Connect with other MHFAiders at Mental Health First Aid Australia network events held throughout the year.

### Mental Health First Aid Case Studies

Take a closer look at our current case studies and learn more about the innovative ideas and ways MHFA training is being used to support others:

[workplace.mhfa.com.au/case-studies](https://workplace.mhfa.com.au/case-studies)

### MHFAider Updates

Our bi-monthly updates are sent to every MHFAider and **provide news, articles and case studies.**

#### Join us:



MHFA on LinkedIn:  
[linkedin.com/company/mental-health-first-aid-australia](https://linkedin.com/company/mental-health-first-aid-australia)



MHFA On Twitter:  
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MHFA on Facebook:  
[www.facebook.com/mentalhealthfirstaid](https://www.facebook.com/mentalhealthfirstaid)

**“Very informative and helpful. I gained valuable skills and knowledge that can be applied in my working life and in life more broadly”**

**“I gained life long skills that would greatly benefit the people around me”**