

# MENTAL HEALTH FIRST AID

## National Survey of Mental Health & Wellbeing (1997)

Close to 1 in 5 Australian adults were found to have a common mental health problem some time during the 12 months before the survey.

Disorder	Adults
Depressive	5.8%
Anxiety	9.7%
Substance use	7.7%
Any mental health disorder	17.7%

## MENTAL HEALTH FIRST AID (MHFA)

An award winning initiative of the Centre for Mental Health Research at the Australian National University.

- Teaches how to recognise symptoms of mental health problems
- How to provide initial help
- How to assist referral/access of professional help

## RATIONALE FOR MHFA TRAINING

A controlled trial of MHFA in the workplace showed those who received training were more confident in providing help and stigmatizing attitude decreased.

- Mental health problems are common
- There is a stigma associated with mental health problems
  - reduces help seeking
  - obstacle to open discussion
- Many people are ill-informed
- Mental health professionals are not always on hand
- Some sufferers do not realise that they need help or that effective help is available to them
- The helper's attitude and actions may determine how quickly the person with the problem gets help and/or recovers

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