

MENTAL HEALTH FIRST AID AUSTRALIA

AN APPROPRIATE PUBLIC HEALTH INTERVENTION ACROSS LIFESPAN, CULTURE AND CONTEXT

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Mental health problems affect people across the lifespan

YOUNG PEOPLE

Peak age of onset for mental illness.

Half of all people who ever develop a mental illness will have had their first episode by age of 18¹.

Can lead to significant impact on education, work and relationships.

Formation of poor health habits like drug and alcohol use.



ADULTHOOD

Mental illnesses are ranked as the third biggest source of disease.

The burden of mental illness can significantly impair work and quality of life².

Can lead to other mental health problems (eg. gambling problems, substance use problems, suicide).



OLDER PEOPLE

Men over 85 have the highest rate of suicide³.

Mental illnesses are often under-diagnosed and under-treated in the older population.



Stigma, discrimination, violence, abuse, poor socio-economic outcomes are stressors that increase the risk of mental health problems

Aboriginal and Torres Strait Islander people
Refugees and immigrants
Deaf people
People with an intellectual disability
LGBTIQ+ people

MHFA Australia have courses that teach the community how to support people across the lifespan, from many cultures and in various contexts.

COURSES

teen MHFA

Adolescents assisting their peers

Youth MHFA

Adults assisting young people

Standard MHFA

Adults assisting other adults

Older Person MHFA

Adults assisting older people

Aboriginal MHFA

Adults assisting Aboriginal and Torres Strait Islander people

TAILORED RESOURCES

Workplaces

Education settings

Financial industry

First responders

SPECIALISED COURSES

Gambling problems

Suicidal thoughts and behaviours

Non-suicidal self-injury

COURSES IN DEVELOPMENT

For Deaf people

For people with an intellectual disability

For young people from Aboriginal and Torres Strait Islander backgrounds or refugee and immigrant backgrounds.

GUIDELINES

LGBTIQ+ people

People from refugee and immigrant backgrounds

1. Unpublished data from the 2007 National Survey of Mental Health and wellbeing.
2. AIHW. Australian Burden of Disease Study: Impact and Causes of illness and Death in Australia 2011. Canberra: AIHW; 2016.
3. ABS. 3303.0- Causes of Death Australia, 2016. Canberra: ABS; 2017.