

2026

MENTAL HEALTH
FIRST AID CERTIFICATE

MENTAL HEALTH FIRST AID TRAINING WILL BENEFIT ALL BUSINESSES TO MEET THEIR REGULATORY REQUIREMENTS

FACILITATED BY:

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MENTAL
HEALTH
FIRST AID
Australia

Accredited Instructor

INTRODUCTION TO MHFA COURSES:

Around 1 in 5 Australian adults experience a common mental illness each year. Understanding how to talk about mental health and help someone in need are important skills. Many people feel uncomfortable and unprepared when thinking about starting a conversation with someone they are concerned about.

At a Mental Health First Aid course, you will learn how to recognise the signs and symptoms of mental health problems and learn the skills to feel confident and able to help. Having mental health first aid skills means that you can assist someone developing a mental health problem or experiencing a mental health crisis and make a real difference to your community.

Mental ill health costs Australian workplaces \$4.7 billion in absenteeism, \$1.6 billion in presenteeism and \$146 million in compensation claims per year. Only 22% of full-time workers with signs of common mental illness receive treatment for their mental health problems.

WorkSafe Victoria's Requirements: (each state has equivalent)

- Psychosocial Hazards:
- WorkSafe Victoria's Occupational Health and Safety Act defines health to include psychological health, and employers must manage psychosocial hazards that can harm workers' mental health.

All Businesses can demonstrate WorkSafe compliance by addressing psychosocial hazards and providing support for mental health through Mental Health First Aid training.

The Mental Health First aid course training will benefit all businesses to meet their regulatory requirements. All businesses by law are required to;

- “Reduce the risk if it is not reasonably practicable to eliminate it. This means doing everything that is reasonably practicable to reduce the risks.” ([worksafe.vic.gov.au](https://www.worksafe.vic.gov.au))

This course will not only mitigate risk but assist in creating a positive workplace culture.

OUTCOMES FROM THE COURSE:



KNOWLEDGE

Increase mental health literacy



CONFIDENCE

Increases confidence in providing mental health first aid



DE- STIGMATISING

Decreases stigmatising attitudes



SUPPORT

Increases the support provided to others

MENTAL HEALTH FIRST AID IN THE WORKPLACE:

More and more workplaces are realising the impact of mental health problems at work on their people and productivity. Encouraging early help- seeking is one way to promote a mentally healthy workplace. This is where Mental Health First Aid can help.

Mental health first aid is an evidence-based training course which gives your employees the skills and confidence to have supportive conversations with their co-workers and help guide them to professional help if needed. It has been shown to increase knowledge, confidence and helping behaviours, and reduce stigma.

EVIDENCE BASED COURSE :

Mental Health First Aid (MHFA) courses (workplace and community courses) are based on evidence of what is best practice mental health first aid to support someone who has a mental health problem or is experiencing a mental health crisis. This evidence has been developed in partnership with the University of Melbourne, through developing Delphi method guidelines that cover a number of mental health problems, crises and in different contexts. All MHFA courses are then evaluated, using rigorous scientific methods, to ensure they are having a positive impact.

These evaluations consistently show that MHFA training is associated with improved knowledge of mental illnesses and their treatments, knowledge of appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness, benefits which are maintained over time. Some studies have also shown improved mental health in those who attend the training, decreases in stigmatising attitudes and increases in the amount and type of support provided to others.

International recognition, the Mental Health First Aid Program has been recognised with a number of Australian and international awards, including the TheMHS Medal. It has been recognised in the UK as an example of radical efficiency and has been listed in the USA by Substance Abuse and Mental Health Services Administration (SAMHSA) on their National Registry of Evidence-based Programs and Practices (NREPP).

THE INSTRUCTOR:

Michelle Kleinert OAM is an accomplished trainer, facilitator, former Mayor and public speaker, with a wealth of experience across a broad and eclectic range of industries. Backed by an Australian Institute of Company Directors (AICD) Certificate IV in Training and Assessment and Diploma in Leadership and Management, Michelle is a naturally engaging professional whose empathetic and assured approach delivers positive interventions and change.



Along with an impressive array of long-standing local and international roles, Michelle's highly regarded consultancy practice and tailored, hands-on programmes have achieved remarkable results for individuals, teams and organisations.

Michelle's background in theatre, where an adroitness in the improvisational theatre-sports arena showcased a talent for creativity, imagination and intellect, reinforced the importance of teamwork and vision. Her ability to coach and mentor comes from a true belief in the inherent worth of the individual.

As an Ambassador for the Mental Health Foundation Australia, after completing the mental health first aid course, Michelle believed this is a course everyone should complete. As a result, Michelle became an accredited Mental Health First Aid instructor. In 2023, Michelle was awarded a "Master Instructor" title by the Mental Health First Aid Australia. Michelle has delivered close to 200 courses and has now raised over \$200,000 for Mental Health support.

Michelle received an OAM for her service to local government, and to the community of Melbourne.

WHAT IS COVERED IN A MHFA COURSE:

This course covers common and disabling mental health problems and crisis situations. Participants learn how to apply mental health first aid to adults across a range of situations, including:

- Depression
- Anxiety
- Psychosis
- Substance use problems
- Suicidal thoughts and behaviours
- Panic attacks
- Non-suicidal self-injury
- Traumatic events

DELIVERY MODE:

100% Face to Face.

Total 12 hours (2 days x 6 hour sessions)

No prior learning required.

Min 16/ Max 24 participants.

\$325 exGST per participant. Not refundable. Includes manual.

Blended online MHFA Workplace with 4 hour face to face.

Prior learning required.

Course Component 1 which is self-paced eLearning (takes 5-7 hours).

All participants need to first complete this component online prior to face to face session. (Component 2).

This is 4 hours face to face learning with instructor. Includes manual.

Not transferable or refundable.

Min 16 / Max 24 participants. \$325 exGST per participant.

Blended Online MHFA Workplace.

100% online.

Prior learning required.

Course Component 1 - Self-paced eLearning component (takes 5-7 hours)

All participants need to complete this component online prior to facilitated sessions.

Component 2 is the 2 x 2.5 hour Instructor-led zoom sessions.

This includes a review of the eLearning content learnt in Course Component 1 followed by scenarios and practice conversations with course participants.

Video must remain on. Participants will be exited if video is not on at all times. Includes manual.

Not transferable or refundable.

Min 10 / Max 12 participants. \$325 exGST per participant.

Additional information:

You can book an individual or a smaller group into a public course I am running. Cost is \$325 exGST per participant. Not transferable or refundable. Contact me directly for public course dates, Blended online or Blended face to face. (face to face public courses delivered in Melbourne).

Credit card payment available. Delivery outside of Melbourne incur the cost of flights and accommodation. MHFA Refresher course can be booked as a closed group. Minimum 8 participants. Cost is \$175 exGST

* Resit fee is \$175 plus GST if you don't attend booked course.

Next step:

Select your delivery mode. Lock in dates with agreed venue. Full payment required prior to training. Charges still apply for those who do not attend.

For any further questions contact Michelle directly, 0400 902 822

Looking forward to delivering this course to you and your colleagues