



MENTAL HEALTH FIRST AID PROJECT

General Information

- The aim of this project is to train women in the community, not just women from a Zonta club.
- Part of the role of the local Zonta club is to promote the course and to fill the places (as per the section in the guide on promotion). The more people in communities with MHFA skills the greater the impact at a community rather than a personal level (which is also a benefit, but if only a couple of people this is less likely to impact the community more broadly).
- There are courses being run in a range of towns/cities and numerous instructors who are able to run the training. Still, the vast majority of people in these communities will not of their own accord attend a course. They are much more likely to attend when there is a targeted approach to promoting the course and connecting with others in the community to attend. It is part of the role of the local Zonta club to assess the need in their area. There is a contact at MHFA Australia who can assist them with these enquiries and is listed in the guide. In the guide we suggest engaging a local instructor to run the training, and training an instructor locally if there is not someone available in their area.
- All clubs, even with a small amount of funding, could sponsor people to attend this training with a trainer who is already qualified and is already set up. There are numerous people already accredited as instructors. They can be found on the MHFA website (information in the guide) and the club can also contact the MHFA Australia contact, Erin (information in the guide), to assist them to find instructors in their area.
- Each instructor will have their own fees that they charge. There is also the option to book single people onto courses that are already running and promoted on the MHFA Australia website.

- Clubs do not need to be an Registered Training Organisation to run a course. They would be engaging an accredited instructor who is qualified and insured to run this training. Many community groups run MHFA training.
- The aim of the course is not just for Zonta members to attend, but for the Zonta club to engage with others in the community to attend. There is a section in the guide which discusses creating a list of people in the community who you could invite to attend, and also who could promote the course to others in the community. The idea is to have a “wrap around” affect, with many people trained and skilled in the community. This helps with support provided in the community to others and decreasing in stigma across the community.
- District 23 Mental Health First Aid Project Co-Ordinator is Judy Rothe, from the Zonta Club of Kyneton. Judy’s contact details for further information, or to answer any queries:

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