



MHFA History

In 2001, Betty Kitchener and Professor Tony Jorm developed the initial Mental Health First Aid Training and Research Program in Australia. Currently, the program is available in Australia, Canada, China, England, Finland, Hong Kong, Northern Ireland, Scotland, Singapore, South Africa, the United States, and Wales. Because regular First Aid is such a familiar concept, individuals easily grasp the underlying principles of Mental Health First Aid, quickly relate to the need for such programming, and seek involvement. One challenge has been to keep up with the demand while maintaining quality and program fidelity so that results are consistent.

Demonstrated Results: Evaluations of the MHFA Program in Australia have demonstrated a number of participant benefits:

- Better recognition of mental health problems
- Beliefs about evidence-based treatments become closer to those held by mental health professionals
- Reduced stigma surrounding mental illnesses
- Increased confidence in providing help to others
- Greater amount of help provided to others in the six months following the course

For more information on Mental Health First Aid, please contact:

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