

The **Healthy Communities Award** is presented to

The Mental Health First Aid Training
and Research Program

The Mental Health First Aid Training and Research Program commenced in Canberra in 2004. It is a course designed to teach members of the public how to provide initial help to people developing mental health problems or find themselves in a mental-health related crisis situation.

During this period, the course has spread across Australia and to seven other countries with specialised versions being developed for assisting youth, culturally and linguistically diverse people, and Aboriginal and Torres Strait Islander peoples.

More than 500 instructors have been trained and by the completion of 2006, 40,000 Australians have received the training.