

**CENTRE FOR MENTAL HEALTH**

## **Seminar Series**

The University of Melbourne



MELBOURNE SCHOOL OF  
**POPULATION  
& GLOBAL  
HEALTH**

### **Mental Health First Aid: Current Research Projects and Recent Findings**

**Presenters:**

**Dr Kathy Bond & Fairlie Cottrill**

**Thursday 26 July 2018, 12.30-1.30pm,  
Room 410, Level 4, 207 Bouverie Street, Carlton**



Mental health first aid is the help offered to a person developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis. Mental Health First Aid (MHFA) Australia is a NFP organisation that develops and evaluates courses that teach mental health first aid skills to community members. Courses are based on guidelines developed using the Delphi expert consensus research method. Uncontrolled trials are conducted to evaluate new courses.

This presentation will outline some of the current research that is being conducted jointly by MHFA Australia and the University of Melbourne. This includes five Delphi studies (four that are currently being conducted) and five uncontrolled trials (four that are in data collection stage).

Kathy Bond is the Senior Research Officer at Mental Health First Aid Australia and Fairlie Cottrill is the Research and Projects Officer. They conduct Delphi expert consensus studies that inform MHFA curriculum and pilot evaluations on newly developed courses.

Kathy holds a Masters of Sexual Health and a PhD from Sydney University. Fairlie has a Masters of Public Health, majoring in Program Evaluation, from University of Melbourne.