

Expression of Interest

Application - Teen Mental Health First Aid Instructor

The Live4Life South Gippsland Partnership Group is seeking enthusiastic and passionate community members to undertake Mental Health First Aid Australia's Teen Mental Health First Aid Instructor training, with five positions available.

Youth Live4Life

Youth Live4Life was established to independently facilitate and govern the expansion of the Live4Life youth suicide prevention and mental health education model, that has been operating in the Macedon Ranges since 2010. Our vision is that all rural communities across Australia are empowered to support, improve and invest in their young people's mental health and reduce youth suicide. Youth Live4Life works with rural communities to implement the Live4Life model.

The purpose is to:

- Reduce barriers that prevent young people from seeking help
- Decrease mental health stigma
- Increase awareness of local professional help
- Increase the mental health knowledge of secondary school-aged students, teachers, parents, carers and community members; and
- Build community resilience in addressing mental ill-health.

Live4Life South Gippsland

In 2021, our South Gippsland Live4Life community was established, creating a local partnership to drive the implementation of the model, provide oversight, and lead community-wide conversations about mental health and suicide prevention.

Since connecting, we have delivered evidence-based mental health education to **3415 students** in our local schools, to **137 adults** in our wider community and supported **127** young leaders as Mental Health Ambassadors across our region.

Live4Life's core values and principles of practice include:

Values

- 1. Inclusion:** Live4Life is based on the premise of inclusion rather than exclusion. Partners who wish to participate and assist with Live4Life are encouraged.
- 2. Integrity:** Live4Life aspires to ensure the conduct of all partners and participants is honest, reliable and authentic.
- 3. Collaboration:** Live4Life encourages and supports all partners to achieve collective goals.
- 4. Respect:** Live4Life only operates within a respectful and trustworthy environment. We embrace unconditional positive regard for all young people.

Core principles

- 1. Community and Youth Participation:** We value community development principles of inclusion, equity, anti-discrimination, self-determination, partnership and empowerment. Live4Life works in a multilayered partnership between schools, the local community, its services and young people. and draws on local expertise and knowledge.
- 2. Local Strength:** We build capacity by supporting and embracing the strengths of each partner organisation. We embrace challenges and focus on solutions.
- 3. Evidence-based Education:** We continue to seek, learn and disseminate quality evidence-based education support and resources relevant to local needs.
- 4. Reflection:** We evaluate, learn and adapt. We continue to improve the Live4Life model.

Becoming a Mental Health First Aid Instructor

The instructor training would be a commitment of the following:

- Teen MHFA Instructor Training Course with Mental Health First Aid Australia
- Consisting of 4x full days of training, 9am to 5pm
- Dates of June 1st to 4th 2026 [potential to slightly alter, however EOI applicants will be notified prior to selection if changes are required]
- Location in Baw Baw Region with an exact location to be confirmed dependent on venue availability, however aiming to be a venue in Warragul, EOI applicants will be notified once location is confirmed

Through the Live4Life South Gippsland Partnership and Youth Live4Life Ltd. training will only be covered.

Once trained you will be required to support the Live4Life South Gippsland Partnership Group to deliver Teen Mental Health First Aid (TMHFA) courses in our local secondary schools and/or communities across the Shire at no cost to the Live4Life South Gippsland community.

Teen Mental Health First Aid

Your commitment would include running TMHFA sessions with year 8 and 10 students at some of the following schools:

- Community College Gippsland [ECG Leongatha Campus]
- Foster Secondary College
- Korumburra Secondary College
- Leongatha Secondary College
- Mary MacKillop Catholic Regional College
- Mirboo North Secondary College

The time commitment per instructor for Teen MHFA would involve a minimum of **4x class groups per year; inclusive of 2x junior [year 8s] and 2x senior [year 10s] course deliveries** to ensure upkeep of content for both courses with MHFA Australia. Where required flexibility can be arranged and discussed further if any concerns are raised.

Delivery of MHFA Australia courses

It would be expected that from completion of this training, you would be able to provide the TMHFA training free of charge (or through a work release arrangement) to Live4Life South Gippsland.

If your circumstances change and you are no longer able to deliver the training, there would be an expectation, depending on your specific circumstances, that you would repay a portion of the cost of the instructor training to Live4Life South Gippsland Partnership Group, so a replacement Instructor could be funded. This would be negotiated based on the number of courses you delivered and your specific circumstances. The full value of TMHFA Instructor Training is \$3800.00.

Prerequisite

A prerequisite for becoming a TMHFA instructor is the completion of the Youth Mental Health First Aid course and completion of the post-course accredited assessment. You will be required to provide evidence in the form of a certificate of completion of the training. **** please ensure this is completed, if you do not have your Youth MHFA Certificate prior to applying, please notify Peg Sanders as soon as possible to get support in arranging this.**

Expression of Interest - Selection Criteria

1. Demonstrated experience of working with young people and adults and able to build safe and supportive environments, with experience in facilitating and managing groups.
2. Demonstrated high level of emotional intelligence and critical reflection, with a high skill level in public speaking and being able to communicate with different audiences.
3. An understanding of adolescent development, youth mental health and an understanding of support systems in your community is desirable.
4. A clear understanding of the associated stigma that surrounds individuals who experience mental health problems.
5. Demonstrated ability to deliver the training within your current work commitments (this would include delivery of Teen Mental Health First Aid delivered to a minimum of 4 x class groups of young people over the year). Please tell us about your current role or profession and include a letter of support from your employer.

6. Please specify your availability and which schools you could deliver training in across our South Gippsland Live4Life schools (listed on page 3 of this document)
7. Hold a valid Working With Children Check from your state / territory of residence
8. Completion of the Youth Mental Health First Aid course and the post-course accredited assessment ****this requires time to complete so please notify Peg Sanders as soon as possible if you do not have this accreditation**

Expressions of Interest must respond to the above selection criteria (please keep your responses to no more than two pages) and include a letter of support from your organisation (not required if volunteering as a community member and/or external to your organisation). Please email your application to **Peg Sanders (details at the bottom of the page)**.

Successful applicants will then need to complete an online application form through Mental Health First Aid Australia (MHFAA) in order to be approved to be trained as an Instructor. We will notify you of these steps once the EOI applications are finalised and selected. Please make yourself familiar with this process at: <https://mhfa.com.au/be-an-instructor>

We do suggest you save your responses to this current EOI to expedite this next step in the process with MHFA Australia as some of the responses you have provided to this EOI can be used to support your application to MHFA Australia. Please note, MHFA Australia has the ultimate approval, therefore approval through the South Gippsland Partnership Group does not guarantee a position in Instructor Training delivered by MHFA Australia.

For further information please contact:

Peg Sanders
Live4Life Program Officer
peg.sanders@southgippsland.vic.gov.au