

Invitation to Participate in an Evaluation of Mental Health First Aid Educational Materials

Would you like to learn how to recognise the early signs of mental illness? Would you like to learn how to provide initial help to someone developing a mental health problem? The University of Melbourne is recruiting adults from the general community, to participate in a study which evaluates educational materials on Mental Health First Aid. Participants must be 18 years or older, have a computer with a CD drive and internet access.

What is Mental Health First Aid?

Mental Health First Aid is the help provided to a person developing a mental health problem, or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

What does the study involve?

This is a randomised controlled trial, which means that you will be randomly assigned into one of the following groups to:

- receive a Mental Health First Aid **e-learning CD** (approx 12 hours to complete); or
- receive a Mental Health First Aid **hard-copy manual**, or
- be added to a **Waiting List** to receive educational materials.

You will be asked to fill in **three online surveys** over a **seven month** period. The surveys will include questions about your knowledge, attitudes and behaviours towards people with mental health problems. Each survey will take approximately 20 minutes to complete, at a time that is convenient to you. The first will be at the commencement of the study; the second will occur one month into the study, followed by a final survey six months thereafter. We will be comparing survey responses from people who work through the educational materials, with survey responses from people who are on the Waiting List to receive them.

What's in it for me?

After completing all three surveys, **all** participants (including those on the Waiting List) will receive *both* the Mental Health First Aid e-learning CD and the hard-copy Mental Health First Aid Manual. These educational resources are **FREE** and yours to keep.

Become a participant in the study

For further information or to become a participant in the study, please contact Julie-Anne Fischer, ORYGEN Research Centre, The University of Melbourne, on email: jfischer@unimelb.edu.au, tel: 03 9342 3768 or mobile: 0401 772 648.