



MENTAL HEALTH FIRST AID



International participants needed: People who have experience with depression.

We're looking for 30 people with a lived experience of depression, 30 people who have cared for or provided significant support to someone with depression, and 30 professionals with experience researching or treating depression.

Aim of this research project: To update the current mental health first aid guidelines for depression that were published in 2008. (Go to https://mhfa.com.au/sites/default/files/mhfa_depression_guidelines.pdf to see the current guidelines).

Time commitments: You will be asked to complete three online surveys over about 4-6 months (so no travel or meetings!) and the total estimated time commitment is approximately 2 hours.

Expertise: You will be able to read and speak English, be 18 years or older **AND:**

- Have a lived experience of depression, feel well enough to participate, **AND** are engaged in activities that give you a broader exposure to people's experiences of depression, e.g. you are a member of a consumer advisory or advocacy group, providing peer support to others, etc.

OR

- Have experience in caring for or providing significant day-to-day support to someone with depression **AND** are engaged in activities that give you a broader exposure to people's experiences of depression, e.g. be a member of a carer support group or carer advocacy organisation.

OR

- Are a mental health professional or researcher with at least 2 years experience working in the area of depression.

If you are interested in participating please contact Dr Kathy Bond at Mental Health First Aid Australia: kathybond@mhfa.com.au or +61 3 9079 0207.