

# Mental Health First Aid (MHFA)

For primary care professionals

Expression of Interest (EOI)

Northern Queensland Primary Health Network (NQPHN) invites EOIs from primary care professionals in the northern Queensland region to access funded Mental Health First Aid (MHFA) training.

MHFA is an evidence-based course designed to equip participants with the skills to provide initial support to individuals experiencing a mental health problem or crisis.

Using a practical, skills-based action plan, participants learn to recognise the signs and symptoms of common mental health issues and crises, intervene early with confidence and appropriateness, understand the range of available treatments and support options, and help reduce the stigma associated with mental health challenges.

Funded places for these courses are limited. EOIs close **4pm, Friday 21 November 2025**. For further details specific to your region, please visit the registration link.

*This course is delivered by Jessica Nwaozuzu, a Licensed Mental Health First Aid Instructor, RN/RM and qualified Trainer and Assessor.*

## Dates

### Mackay

Thursday 5 – Friday 6  
February 2026

### Townsville

Thursday 19 – Friday 20  
February 2026

### Cairns

Thursday 26 – Friday 27  
February 2026

## Time

Registration: 8am  
Program: 8.30am–4.30pm

## Register online

[forms.office.com/r/qbMZZ8xqNv](https://forms.office.com/r/qbMZZ8xqNv)

