

About Isabel Fox, accredited MHFA facilitator:

Isabel loves working with young people and has a long history of working in community engagement and education around mental health, equity and diversity, drugs and alcohol, sexual health, consent and sexual assault prevention.

She has worked internationally in mental health promotion and support in the United Kingdom for charity MIND and across the Pacific for leading NGOs. Isabel has won awards for collaborative teaching and online innovation as a university academic and an international program award for her leading role in design and delivery of a ground breaking sexual assault prevention program. She has consulted widely on consent and sexual assault prevention, including with Ivy League universities in the United States.

Most recently, Isabel was an international expert author for Epigeum writing about young people and healthy relationships for their new Being Well, Living Well programs. She has also co-written a suicide prevention program for parents of teenagers to be launched in late 2021.

Isabel is the Managing Director of Fearless Fox Training, a not-for-profit whose mission it is to offer education and training programs that help all of us live our best lives.

Mental Health First Aid Australia Qualifications:

Isabel is accredited to deliver the following MHFA courses:

- Youth Mental Health First Aid (including blended)
- Standard Mental Health First Aid (including blended)
- MHFA Conversations about Suicide
- Standard MHFA Refresher
- Online/Blended versions of Tertiary, Community and Workplace MHFA.

