



**MENTAL
HEALTH
FIRST AID**
Australia

YOUTH

MENTAL HEALTH FIRST AID

Learn how to provide mental health first aid to young people aged 12 to 18.



The Youth Mental Health First Aid course will teach you how to assist adolescents who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence based Action Plan.

This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

Mental health problems covered

- Depression and anxiety
- Eating disorders
- Psychosis
- Substance use problems

Mental health crises covered

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours.

Note: This course is not a therapy or a support group.



What is the format?

This is a 14-hour course, being delivered in this instance as 4 separate modules (3.5 hours each).



Why attend an MHFA course?

Evaluations consistently show that MHFA training is associated with improved knowledge of mental illnesses, their treatments and appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness. It is also associated with decreased stigma and an increase in help provided.



Who can attend this course?

Any adult can attend. The course is not appropriate for adolescents to attend.



Become an Accredited Mental Health First Aider

Demonstrate your mental health first aid skills by becoming an Accredited Mental Health First Aider. Complete an online assessment after the course to become accredited.



How do I sign up?

A course is being run at St Paul's School, facilitated by accredited instructor, Debbie Spink. Only 20 places are available.

Sessions will run from 5pm - 9pm (including half-hour dinner break), over four successive Tuesday evenings beginning 3 August.

Cost: \$154 (includes dinner)



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To register, email
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