

YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid training teaches adults how to provide Mental Health First Aid to adolescents.

Mental illnesses often start in adolescence and it is important to detect problems early to ensure the young person is properly treated and supported. The YMHFA course teaches adults who have frequent contact with adolescents, such as parents, guardians, school staff and youth workers how to assist adolescents who are developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis.

Course Content

The YMHFA course teaches adults how to assist adolescents who are developing any of the following mental health problems, experiencing a worsening of an existing mental health problem or in a mental health crisis:

Developing mental health problems

- Depression
- Anxiety problems
- Eating disorders
- Psychosis
- Substance use problems.

Mental health crises

- 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.



Upcoming Course Dates: July 3rd and July 4th

Location: 444 Princes Hwy, Corio

Duration: 9am to 5pm

Fees: \$258.50 inc GST, lunch is provided

**For further information
and bookings please contact**

Karingal Training
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www.karingaltraining.org.au