



safer
COMMUNITIES
Mental health education for thriving communities

Youth Mental Health First Aid Course

St. Peter's College – Cranbourne Campus

**Thursday 19th and Friday 20th September
8.30am to 4.00pm both days**

A highly practical course, teaching evidence-based strategies. This course is important learning for any adult who lives or works with adolescents.

Presenter Mark Smith is a Master Instructor of the Youth MHFA program and has over 28 years of experience in education as a high school deputy principal and special education teacher.

Mark's expert presentations are highly engaging, utilise humour and are enriched by a deep knowledge of youth and mental health

Youth MHFA is a comprehensive course that includes these topics and more ...

- Communication with Adolescents
- Depression
- Anxiety
- Psychosis
- Substance Mis-use Disorders
- Eating Disorders
- Suicidal Thoughts and Behaviours
- Non-Suicidal Self – Injury (Self Harm)
- Panic Attacks
- Traumatic Events
- Severe Effects of Alcohol and Drug Use
- Severe Psychotic States
- Aggressive Behaviours

**Cost - \$240.00 - \$325.00
(Group of 5 or more – discounts apply)
Parents of host school discount - \$150.00**

[CLICK HERE FOR MORE INFORMATION OR TO BOOK A PLACE](#)

***You can also register by phoning 0413 684 350 or via email to
mark@safercommunities.com.au***