



YOUTH MENTAL HEALTH FIRST AID® COURSE



Learn how to support the young people in your life

Youth Mental Health First Aid® equips adults who teach, care for, or support young people with the knowledge, skills, and confidence to recognise, understand and respond to a young person experiencing a mental health problem or mental health crisis.

This course teaches adults how to:

- identify the signs and symptoms of a developing mental health problem in a young person
- have a conversation with them when they are in distress or crisis
- support them in receiving professional help

Register here



Date	Time	Course	Location	Venue
17th & 18th March	9am - 5pm	Face 2 Face	Wellington	Nakunbalook, Montgomery Sale
1st April	9am - 5pm	Blended	Online	Online
22nd April	9am - 5pm	Blended	Baw Baw	The Goods Shed, Warragul
5th & 6th May	9am - 5pm	Face 2 Face	LV	LV Community Mental Health, Traralgon
2nd & 3rd June	9am - 5pm	Face 2 Face	Wellington	TBC
28th & 29th July	9am - 5pm	Face 2 Face	Baw Baw	The Goods Shed, Warragul
30th July	9am - 5pm	Blended	Sth Gipps	Leongatha Council Chambers, Mtg Rm 2
13th & 14th August	9am - 5pm	Face 2 Face	Sth Gipps	Leongatha Council Chambers, Mtg Rm 2
6th & 7th October	9am - 5pm	Face 2 Face	LV	LV Community Mental Health, Traralgon
18th & 19th November	9am - 5pm	Face 2 Face	Baw Baw	The Goods Shed, Warragul

This course is recognised by Suicide Prevention Australia as a safe, high-quality, and effective suicide prevention program.





YOUTH MENTAL HEALTH FIRST AID® COURSE REFRESHER



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Date	Time	Course	Location	Venue
30th April	9am - 2:30pm	Face 2 Face	Baw Baw	The Goods Shed, Warragul
15th July	9am - 2:30pm	Online	Baw Baw	Online
15th September	9am - 2:30pm	Online	Sth Gipps	Online
26th October	9am - 2:30pm	Face 2 Face	LV	LV Community Mental Health, Traralgon

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