



**MENTAL HEALTH
FIRST AID®**
Australia

BECOME A MENTAL HEALTH FIRST AIDER™

to support young people aged 12 to 18.

About 1 in 4 young Australians experience a common mental illness each year. Youth Mental Health First Aid® (MHFA) training will teach you practical skills to support an adolescent with a mental health problem. Make a real difference to the young people in your community.

YOUTH MHFA TRAINING BENEFITS

KNOWLEDGE

Improves knowledge of mental illnesses, treatments and first aid actions.

CONFIDENCE

Increases confidence in providing first aid.

DE-STIGMATISING

Decreases stigmatising attitudes.

SUPPORT

Increases the support provided to others.



LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems in young people
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This is a 14-hour educational course, not a therapy or support group.



HOW DO I SIGN UP?

DATES

TIMES

COST

VENUE

FACILITATOR/S

