

## Engage with Life Children + Adolescents + Adults



### Youth Mental Health First Aid

Engage 1on1 Psychology is happy to announce an opportunity to participate in a youth and adolescent mental health first

aid training, specifically the Youth Mental Health First Aid (YMHFA) program, as part of the Mental Health First Aid (Australia) initiative.

This online program is a 3-year accredited course and a helpful resource in managing some of the complexities faced in youth and adolescent mental health presentations. The course offers great insight and tools to assist with some of the difficult conversations and challenges that are often encompassed in youth mental health.

Youth Mental Health First Aid is an accredited course and a helpful resource in managing with some of the complexities faced in youth and adolescent mental health presentations. The course offers great insight and tools to assist with some of the difficult conversations and challenges that are often encompassed in youth mental health.



# Engage with Life Children • Adolescents • Adults

- Mode face-to-face course
  - Preliminary 3-hour online component at your own pace (To be completed during week prior to Week 1 of on-line course
  - Wednesdays (3 weekly sessions) dates TBC
  - o Each session 1.5 hours duration (likely to be somewhere between 10am and 3pm)
- CPD 10 hours
- Accreditation 3 years (note must undertake the preliminary online component)
- Participants Capped at 12.
- Cost \$200 + GST = \$220 (Cover costs for YMHFA manual (+postage), as well as the registration fee for the preliminary online component).

#### **FACILITATOR**

### **GARRY BYRNE**

Garry has over 13-years of experience working with adolescents, and the often-complex nature of youth mental health presentations. Garry promotes an open and compassionate approach when working with young people.

Since returning to Australia (2009) he has worked predominantly in schools, pertaining to government, religious denominal and independent/private sectors. He has witnessed the increased complexities attached to youth and adolescent mental health presentations, and is a key supporter for early intervention when it comes to managing such issues.

Garrys qualifications include a BA (Psychology) from the Dublin Business School, and a MS.c in Counselling Psychology from Trinity College, Dublin. He is also currently completing a Master of Suicidology degree through Griffith University (Qld).

**CO-FACILITATOR** 

TBC