



Blended Youth Mental Health **First Aid Course**

This **Youth Mental Health First Aid Course** is designed for adults who work with young people. This includes education workers, youth workers, social workers and sports coaches. It also includes parents.

The course will teach you how to provide initial help to an adolescent who is developing a mental health problem, experiencing a worsening of an existing mental health problem, or is experiencing a mental health crisis.

Adolescence is the peak age of onset for mental health problems. By completing this course, you will gain the confidence and knowledge to provide the best support possible.

Course Delivery

This course is provided in the blended training format, which consists of two parts.

Part 1 – self-paced eLearning (approximately 3.5-4 hours)

Part 2 – face-to-face workshop at the Education Development Centre – (8 hours)

4 Milner Street, Hindmarsh SA 5007

Please note, part 1 must be completed before undertaking part 2.

Course Dates:

Friday the 29th of April 8:30am - 4:30pm- **[Click here to register](#)**

Enquiries: **admin@edsa.sa.edu.au**