



YOUTH MENTAL HEALTH FIRST AID® BLENDED 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 Blended Face-to-Face course consists of 5-7 hours of self-paced eLearning followed by a one day (7 hours) face-to-face session. Both online and face-to-face components must be completed. Please ensure you complete the online eLearning before attending the face-to-face component.

Teaching 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

Face-to-face Session: **Thursday 30th July 2026, 9am - 5pm**

Location: **Leongatha Council Chambers, Michael Place 3953**

Cost: **\$70pp (to cover course materials)**

[Register here](#)

