



YOUTH MENTAL HEALTH FIRST AID[®] NIGHT 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 Face-to-Face course consists of 3x 4 hour sessions over 3 nights. 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

Session 1: **Tuesday, 18th August 2026, 5:30pm - 9:30pm**

Session 2: **Tuesday, 25th August 2026, 5:30pm - 9:30pm**

Session 3: **Tuesday, 1st September 2026, 5:30pm - 9:30pm**

Location: **Walter J Tuck Rec Reserve, Mirboo North 3871**

Cost: **\$15pp (to cover course materials & light supper)**

You must attend ALL 3 sessions to acquire accreditation

Register here

