



Volunteers Needed!

TRAINING FOR PARENTS OF TEENAGERS (TPOT) STUDY

FREE training for parents to help the mental and physical health of teenagers!

Who is running the project?

The Centre for Mental Health at The University of Melbourne.

Who can take part?

Parents with teenagers aged between 12-15 years within Victoria (one parent and one teenager per family).

What are the aims?

The project aims to teach parents the skills to assist a teenager, in the event that they develop a mental health problem or a physical injury and to evaluate the training offered.

We are interested to see if the skills taught to parents are used on adolescents and whether this has a long-term health benefit for adolescents.

What types of courses are offered?

The study offers a FREE 2-day course to parents, in **either Youth Mental Health First Aid** or an accredited Red Cross **Apply First Aid** course.

During online registration at www.tpot.net.au, parents will need to select both courses but a computer will *randomly* place them into one course or the other.

What's in it for me?

Parents receive their training course, the accompanying training materials and a certificate of completion for **free**.

Note: To be eligible, you must not have undertaken training in the previous three years in Mental Health First Aid (MHFA), Youth MHFA or physical first aid.

This study has received ethics approval from The University of Melbourne's Behavioural and Social Sciences Human Ethics Sub-Committee ID: 1135679, The Department of Education and Early Childhood Development (DEECD) ID: 2012_001480 and the Catholic Education Office of Melbourne (CEOM) ID: 1877.

- **14-hour Youth Mental Health First Aid** which teaches adults the skills to recognise the early signs of mental illness, identify potential mental health-related crises, and assist teenagers to get professional help.
- **15-hour (HLTFA301B) Australian Red Cross Physical First Aid** which teaches the skills to sustain life, reduce pain and minimise the consequences of injury and illness until professional help arrives.

WHEN? (9am – 5pm)	WHERE?
8-9 April 2014 (Tues & Wed)	Brotherhood of St Laurence, 24-26 High Street, FRANKSTON
30 April & 1 May 2014 (Wed & Thurs)	155 Somerset Drive (Corner Kinross) MOUNT MARTHA
Register at: www.tpot.net.au	

Other dates and locations are available!

Telephone interview prior to training

Before parents can attend their allocated training course, they and their teenager will be required to undertake an individual 20 to 30 minute telephone survey, which will ask about knowledge and attitudes about health problems.

Questions?

Please contact Julie Fischer, TPOT Trial Manager, Centre for Mental Health, The University of Melbourne, email: jfischer@unimelb.edu.au, tel: 9035 6770 or mobile: 0401 772 648.

For more info & to register:
www.tpot.net.au