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YOUR australia
the youth wellbeing project

youth mental health first aid course



The **Youth Mental Health First Aid Course (YMHFA)** will teach you how to assist adolescents who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence based Action Plan. This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

Mental health problems covered

- Depression and anxiety
- Eating disorders
- Psychosis
- Substance use problems

Mental health crises covered

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours

Note: This course is not a therapy or a support group.



What is the format?

The Youth Mental Health First Aid course is for adults assisting young people aged 12-18.

- Course Component 1 - Self-paced eLearning – approximately 3.5 hours
- Course Component 2 – 2 x 3.5 or 1 x 7 hour session with two MHFA accredited instructors.

Why attend a MHFA course?

Evaluations consistently show that MHFA training is associated with improved knowledge of mental illnesses, their treatments and appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness.

It is also associated with decreased stigma and an increase in help provided. Evidence also tells us that a person is more likely to seek help if it is suggested by someone that they know.

By learning these skills you can make a difference in the lives of young people.

Who can attend this course?

Any adult seeking to support young people who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence-based Action Plan can attend.

Become an Accredited Mental Health First Aider

Demonstrate your mental health first aid skills by becoming an Accredited Mental Health First Aider. Complete a short online assessment after the course to become accredited.

How do I sign up or find out more?

Contact us by email info@myhaustralia.com.au
Or phone Jo **0480 179 218** or
Anne **0480 179 905**

Visit us at www.mindyourheadaustralia.com.au