



## BECOME A MENTAL HEALTH FIRST AIDER

to support young people aged 12 to 18.

About 1 in 4 young Australians experience a common mental illness each year. Youth Mental Health First Aid (MHFA) training will teach you practical skills to support an adolescent with a mental health problem. Make a real difference to the young people in your community.

### YOUTH MHFA TRAINING BENEFITS

#### KNOWLEDGE

Improves knowledge of mental illnesses, treatments and first aid actions.

#### CONFIDENCE

Increases confidence in providing first aid.

#### DE-STIGMATISING

Decreases stigmatising attitudes.

#### SUPPORT

Increases the support provided to others.



#### LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems in young people
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This is a 14-hour educational course, not a therapy or support group.

#### DATES

#### TIMES

#### COST

#### VENUE

#### FACILITATOR/S



#### HOW DO I SIGN UP?

