



*Early understanding, help and support is proven to be of great benefit to anyone with a mental health problem.*



## COURSE DETAILS

### COURSE FORMAT

The 2 day Youth Mental Health First Aid course is 14 hours delivered face-to-face by one of our Professional facilitators.

### WHO CAN ATTEND?

Any adult can attend. Highly recommended for all educators of young people. The course is not appropriate for adolescents to attend.

NOTE: This course is not a therapy or support group, rather it is an education course.

### ACCREDITATION

Participants who complete this training are optional to complete an online quiz to receive 3-year accreditation with MHFA Australia in this course.

### COURSE FEES

**\$495 per person**

Includes the 2-day face to face workshop, workbooks and accreditation, Lunch and Light Refreshments.

### COURSE LOCATION & DATES

**27<sup>th</sup> February & 5<sup>th</sup> March 9am – 5pm**

370 St Kilda Road

Melbourne, VIC 3004.

### CONTACT

Call **Marilyn Walker** on **0400 493 399** or Email: [info@marlinbd.com](mailto:info@marlinbd.com)

### WHAT THE COURSE COVERS

- The Youth Mental Health First Aid course teaches you about adolescent development, the signs and symptoms of the common and disabling mental health problems in young people, where and how to get help when a young person is developing a mental illness, what sort of help has been shown by research to be effective, and how to provide first aid in crisis situations.
- Youth Mental Health First Aid course is based on the international MHFA Guidelines, which have been developed through the expert consensus of people who have lived with and experienced mental health problems in youth along with registered professionals.

### MENTAL HEALTH PROBLEMS & CRISES COVERED

- Depression and anxiety
- Eating disorders
- Psychosis
- Substance use problems
- Suicidal thoughts and behaviours
- Self harm
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviour

### WHY ATTEND A COURSE?

Evaluations consistently show that this training is linked with improved knowledge of mental health illnesses, what treatments and strategies are needed to help individuals with a mental health illness. This course will teach attendees the knowledge and give them the confidence in providing first aid to individuals. The course is also helping to reduce the stigma associated with mental health illnesses also.