

To attend a course send this form to:

Your details

First name: _____

Last name: _____

Address: _____

Postcode: _____

Telephone: _____

(w) _____

(h) _____

(mobile) _____

email address: _____

Where can the course be held?

The course can be conducted wherever a Youth Mental Health First Aid Instructor can travel. If extended travel is required, the instructor's costs will need to be met.

Who can attend the course?

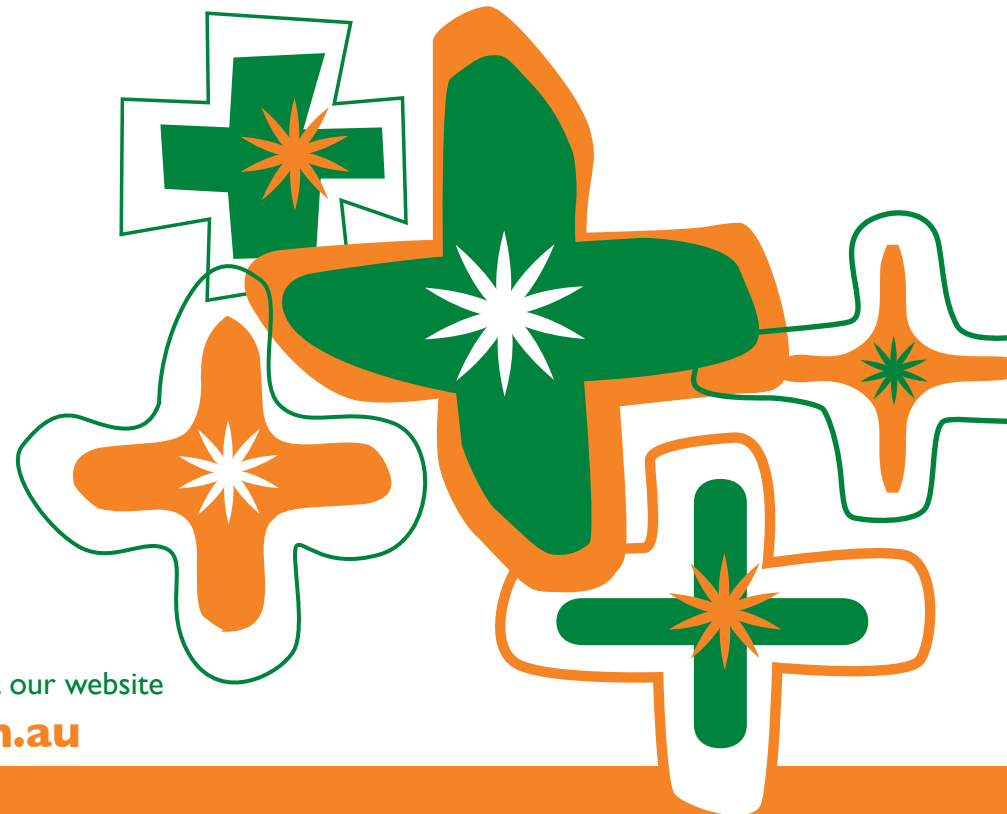
Any interested adult can attend. This is an education course and not a therapy program or support group.

Cost?

Contact your local instructor to ask about their rates.

**THE 14-HOUR
YOUTH MHFA COURSE**

This course teaches adults how to provide initial support to young people experiencing mental health problems.



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To find your local instructor visit our website

www.mhfa.com.au

What is Mental Health First Aid?

First Aid is the help given to an injured person before medical treatment can be obtained. Mental Health First Aid is the help given to someone developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

About the Program

The Mental Health First Aid (MHFA) Program has several courses available:

- The 12-hour Adult MHFA course covering how to assist adults;
- The 14-hour Youth MHFA course covering how adults can assist adolescents;
- The 14-hour Aboriginal and Torres Strait Islander MHFA course covering how to assist Indigenous Australians.

The Adult MHFA course has been well evaluated and found to be effective in improving mental health literacy, reducing stigma and increasing helping behaviours. These evaluations have been carried out in the workplace and community settings.

The program has spread to every state and territory of Australia and internationally.

The Mental Health First Aid Action Plan:

1. Assess the risk of suicide or harm
2. Listen non-judgementally
3. Give reassurance and information
4. Encourage the person to get appropriate professional help
5. Encourage self-help strategies

Youth Mental Health Problems

Mental health problems frequently first arise in adolescence and young adulthood. Young people have poorer knowledge about mental health and how to get professional help. They are particularly likely to initially need support from adults to get appropriate help.

What is Youth Mental Health First Aid?

To address this need, a specialist Youth Mental Health First Aid program has been developed.

This program commenced in 2007 and is designed to train adults to assist young people in mental health crisis situations and/or in the early stages of mental health problems.

Course Content

The course covers the following crisis situations and mental health problems.

Crisis situations covered are:

- Suicidal behaviours
- Self-harm
- Acute stress reaction
- Panic attacks
- Acute psychotic behaviour

Mental health problems covered are:

- Depression
- Anxiety disorders
- Psychosis
- Substance use disorders
- Eating disorders

Participants will learn the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

Course Format

- This 14 hour course can be delivered in either
- a 2 day training package (7 hours per day)
 - as 4 separate modules (3.5 hours each)

Participants receive a copy of the Youth MHFA manual to keep.

