



**MENTAL HEALTH
FIRST AID®**
Australia

Youth Aboriginal and Torres Strait Islander Mental Health First Aid

The Youth Aboriginal and Torres Strait Islander Mental Health First Aid course teaches participants how to provide initial support to an Aboriginal and/or Torres Strait Islander young person (aged 12–18) who may be experiencing a mental health problem or mental health crisis, until professional support is received or the crisis resolves.

Course participants learn about the signs and symptoms of common mental health problems impacting Aboriginal and/or Torres Strait Islander adolescents, how to recognise and respond to an emerging or worsening mental health problem, and the supports available, including cultural context to community-based care.



Intervene early

Recognise the warning signs of mental health problems impacting Aboriginal and/or Torres Strait Islander young people.



Offer support

Learn the skills to have an open, supportive conversation about mental health with an Aboriginal and Torres Strait Islander young person.



Respond in a crisis

Respond across a range of crisis situations where an Aboriginal or Torres Strait Islander young person may be at risk of harm.



Reduce stigma

Reduce stigma and increase support for Aboriginal and/or Torres Strait Islander young people experiencing and living with mental health problems.

What you'll learn

Learn how to apply mental health first aid to young people across a range of common mental health problems and crisis situations, including:

- Depression
- Anxiety
- Psychosis
- Substance use problems
- Suicidal thoughts and behaviours
- Panic attacks
- Non suicidal self-injury

Why attend a Mental Health First Aid training course?



Culturally appropriate and effective

Research has found Aboriginal and Torres Strait Islander Mental Health First Aid courses to be culturally appropriate and effective. Participants improve their knowledge of mental illnesses, their treatments and appropriate first aid strategies.



Improve confidence

Course participants report improved confidence in providing first aid to Aboriginal and/or Torres Strait Islander young people.

Become an MHFAider

Adults who complete the course become Mental Health First Aiders (MHFAiders), equipped with the knowledge, confidence, and skills to provide someone with mental health information and support when it matters most.

Complete a short assessment at the end of the course to become an Accredited Mental Health First Aider (MHFAider). Accreditations are valid for 3 years.



The course was informative and workbook was well developed. The videos and activities associated with these were really beneficial throughout the course and allowed for discussion and clarification from the Instructor.

Duration & Format

The course is approximately 14-18 hours long and can be delivered in 1 of 3

Face-to-Face	Blended Face-to-Face	Blended Online
 <p>2 x 7 hour sessions over 2 days and up to 2 extra modules (up to an additional half day) to tailor the course to the needs of the participants.</p>	 <p>Self-paced eLearning (7 hours), followed by a 5-hour face-to-face session.</p>	 <p>Self-paced eLearning (7 hours), followed by a 5-hour video conferencing session.</p>



All sessions are led by Mental Health First Aid Australia trained and Licensed Aboriginal and Torres Strait Islander Instructors

The course has been designed to support Instructors to draw on their own unique and instrumental local cultural knowledge to enrich the content and enable culturally informed and safe delivery. Individuals or small groups can sign up for a public course near you or online, while larger groups can find a Licensed Instructor to deliver private training in-house or at an agreed venue.



Learning Outcomes

Upon completion of this course participants will be able to:

- Recognise the signs and symptoms of mental health problems impacting young people
- Use an evidence-based action plan to initiate a mental health first aid conversation with a young Aboriginal or Torres Strait Islander person, in a culturally safe and informed way
- Assess for a range of crisis situations and provide initial support
- Understand the prevalence and impact of mental illnesses, risk factors and treatments and supports available
- Distinguish between normal and expected changes during adolescence and development of mental health problems
- Gain an understanding of the local and cultural supports and resources available to a young person experiencing mental health problems
- Apply self-care practices as a Mental Health First Aider.



Suitability

Developed by and in consultation with Aboriginal and Torres Strait Islander people, this course is suitable for individuals, workplaces of all sizes, and volunteer and community-based groups. Any adult (aged 18+) can attend.



These courses are recognised by Suicide Prevention Australia as safe, high-quality, and effective suicide prevention programs.



Take the next step

Visit our Youth Aboriginal and Torres Strait Islander MHFA course page at: mhfa.com.au OR contact us at: amhfa@mhfa.com.au to discuss your training needs.