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**MENTAL  
HEALTH  
FIRST AID**

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# Attend a 14-hour Youth Mental Health First Aid (YMHFA) Course 4th Edition



This course teaches first aid skills for adult members of the public to give initial help to adolescents experiencing mental health problems, in a mental health crisis situation, or in the early stages of mental illness

**When:** TBA

**Where:** Lifeline Training Centre  
Upstairs, Unit 5 Helm House, 40 Bath St, Alice Springs

**Time:** 8.30am — 4.30pm each day

**Cost :** \$350 concession for not-for-profits organisations and volunteers  
\$395 Governments and businesses  
Includes Manuals and Handouts.  
Lunch, morning and afternoon tea supplied.

**Instructors:** Karen Reval , Laurel Duffell

**Limited spaces—registration essential**

For more information:  
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For further information on  
Mental Health First Aid Australia,  
please visit our website at  
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• DEPRESSION • ANXIETY • PSYCHOSIS • SUBSTANCE MISUSE • EATING DISORDERS • ADOLESCENT DEVELOPMENT •  
• SUICIDAL THOUGHTS & BEHAVIOURS • NON-SUICIDAL SELF-INJURY • PANIC ATTACKS • AGGRESSION •



## **This 14-hour YMHFA Course (4th edition) teaches adults how to provide Mental Health First Aid to adolescents.**

Mental illnesses often start in adolescence or early adulthood and it is important to detect problems early to ensure the young person is properly treated and supported. The YMHFA teaches adults who have frequent contact with adolescents, such as parents, guardians, school staff, sports coaches and youth workers, how to assist adolescents who are developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis.

### **What is Mental Health First Aid?**

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.

### **Course Format**

This is a 14-hour course. The delivery format is flexible. Course participants receive a copy of the Youth MHFA Manual to keep, a Certificate of Completion and are eligible to become an Accredited Mental Health First Aider.

### **What is the Youth MHFA course?**

The fourth edition Youth Mental Health First Aid course is based on the international MHFA Guidelines. These guidelines were developed using consensus of mental health consumers, carers and professionals from English speaking developed countries.

*All instructors of this course are trained by Mental Health First Aid Australia*

### **Who can attend a YMHFA course?**

Any interested adult, particularly those who work or live with young people, can attend.

Please note that this course is not for adolescents to attend. This course is also not a therapy or support group, rather it is an education course.

### **Course Content**

**The YMHFA course teaches adults how to assist adolescents who are developing any of the following mental health problems, experiencing a worsening of an existing mental health problem or in a mental health crisis:**

#### **Developing mental health problems**

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

#### **Mental health crises**

- 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

### **Become an Accredited Mental Health First Aider**

Participants who complete this training are eligible to complete an online Accreditation Assessment in order to receive a Mental Health First Aider Certificate of Accreditation valid for 3 years.

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