



MENTAL  
HEALTH  
FIRST AID  
Australia

Accredited Instructor

# YOUTH MENTAL HEALTH FIRST AID COURSE

## LEARN HOW TO BETTER SUPPORT YOUNG PEOPLE EXPERIENCING MENTAL HEALTH PROBLEMS OR WHO ARE IN CRISIS.

Join us for this FREE two-day Youth Mental Health First Aid course.

Learn about the signs and symptoms of the common mental health problems experienced by young people, what sort of help has been shown by evidence-based research to be effective, and how to provide mental health first aid in a crisis situation.

## ACCREDITED COURSE

Topics include: depression, anxiety, eating disorders, substance use, suicidal thoughts and behaviours, and psychosis

You must attend both days to complete the course.

On completion of post-course assessment, participants will be accredited as a Youth Mental Health First Aider for 3 years.

**When:** 9:00 am - 4:30 pm,  
Monday 20 & Tuesday 21 May 2024

**Where:** Coorow District Hall, Coorow WA 6515

**Cost:** FREE - morning tea & a light lunch provided

**Register:** Email [coordinator@coorowcrc.net.au](mailto:coordinator@coorowcrc.net.au) or call 9952 1266

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