



**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: 9:00am - 4:30pm, Thursday 20 & Friday 21 June 2024

Where: Lake Grace Community Resource Centre

Cost: FREE - morning tea & a light lunch provided

Register: Email central@lakegracecrc.net
or call (08) 9865 1470 to register your spot!

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