



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 in York.

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

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

When: 9:00am - 5:00pm, 15 & 16 August 2022

Where: York District High School, 102 Trews Rd, Daliak WA

To register: Email nicole.creed@education.wa.edu.au.

For further information, call Janine on 9237 8900.

