



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 Dowerin.

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: 8:30am - 4:00pm, 8 & 9 December 2022

Where: Dowerin District High School

To register: [Click here](#)

For further information, call Nicola Scott on 9631 4400 or Janine Defontaine on 0417 91 66 55.



This training is proudly supported by CBH Group, Dowerin District High School and MIFWA as part of the CBH Regional Mental Health Program.