



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 Wagin.

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 - 4:00pm, 21 & 22 February 2023
Where: Wagin Community Resource Centre
46/48 Tudhoe St, Wagin
Cost: Free - morning tea & lunch provided
Register: Contact Wagin CRC on 9861 1644 or email
admin@wagincrc.net.au



This training is proudly supported by CBH Group, Wagin CRC and MIFWA as part of the CBH Regional Mental Health Program.