



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 in Northam.

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 the post-course assessment, you'll be accredited as a Youth Mental Health First Aider for three years.

**When:** 31 May to 1 June 2023 | 9.30am to 4.30pm

**Where:** Northam Recreation Centre Peel Terrace, Northam

**Cost:** FREE | Catering will be provided

**To register:** <https://YMHFA-Northam.eventbrite.com.au>

**Queries to:** [training@mifwa.org.au](mailto:training@mifwa.org.au)

Or 9237 8900

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