



MIFWA



MENTAL
HEALTH
FIRST AID
Australia

Accredited Instructor

YOUTH MENTAL HEALTH FIRST AID COURSE

Join us during WA Mental Health Week to learn how to better support young people who are experiencing mental health challenges or who are in crisis.

During this two-day Youth Mental Health First Aid course, you'll learn about the signs and symptoms of the common mental health challenges 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: 9 & 10 October 2023 • 9.30am to 5pm

Where: Cockburn Youth Centre, 25 Wentworth Parade, Success

Cost: Special price \$20* (usually \$300), includes catering

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

Queries to: training@mifwa.org.au or 9237 8900

Held in partnership with



* Only available during WA Mental Health Week 2023