

# YOUTH MENTAL HEALTH FIRST AID COURSE **BUNBURY**

**Learn skills and gain confidence to assist young people experiencing mental health problems.**

Mental illnesses often start in adolescence or early adulthood and it is important to detect problems early to ensure the young person is properly treated and supported. The YMHFA course teaches adults who have frequent contact with adolescents, such as parents, guardians, school staff, sport coaches and youth workers, how to assist adolescents who are developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis.



**When:** **9.00am-4.30pm**

**Friday 5<sup>th</sup> & 12<sup>th</sup> October 2018**

**Where:** **Milligan CLRC, 35 Milligan St, Carey Park**

**Cost:** **FREE** (*morning tea & lunch supplied*)

**RSVP:** <https://www.eventbrite.com.au/e/youth-mental-health-first-aid-bunbury-tickets-48684231848>

**Contact:** [info@swanautism.org.au](mailto:info@swanautism.org.au) or **0499 819 038**

## **COURSE INFORMATION:**

- 14-hour Youth Mental Health First Aid (YMHFA) course.
- Participants will learn about adolescent development and the signs and symptoms of mental health problems, how and where to get help, and what sort of help has been shown by research to be effective.
- Course topics cover: developing mental health problems, depression, anxiety problems, psychosis, eating disorders and substance use problems, as well as suicide and other mental health crises.
- Participants receive a copy of the Youth MHFA manual.
- Participants are eligible to become an accredited Mental Health First Aider.