



BECOME A MENTAL HEALTH FIRST AIDER

to support young people aged 12 to 18.

About 1 in 4 young Australians experience a common mental illness each year. Youth Mental Health First Aid (MHFA) training will teach you practical skills to support an adolescent with a mental health problem. Make a real difference to the young people in your community.

KNOWLEDGE

YOUTH MHFA TRAINING BENEFITS CONFIDENCE

DE-STIGMATISING

SUPPORT

Improves knowledge of mental illnesses, treatments and first aid actions.

Increases confidence in providing first aid.

Decreases stigmatising attitudes.

Increases the support provided to others.

LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems in young people
- Provide initial help using a practical, evidence-based Action Plan
- · Seek appropriate professional help, and
- Respond in a crisis situation

This is a 14-hour educational course, not a therapy or support group.

HOW	DO	I SIGN	UD?

DATES
TIMES
COST
VENUE
FACILITATOR/S



