



**MENTAL  
HEALTH  
FIRST AID**  
Australia

# YOUTH MENTAL HEALTH FIRST AID

Suitable for workplaces and community groups +18 years  
working with young people

## Learn how to respond to a young person experiencing a mental health problem or crisis.



The Youth Mental Health First Aid course teaches participants how to provide initial support to a young person (aged 12-18) who may be experiencing a mental health problem or mental health crisis, until professional help is received, or the crisis resolves.

## ABOUT THE COURSE

Course participants learn about the signs and symptoms of common mental health problems in adolescents, how to recognise and respond to an emerging or worsening mental health problem, and the treatments and supports available.

Using a practical, evidence-based action plan, course participants learn how to approach a young person they are concerned about and initiate a conversation about those concerns. Participants also learn how to offer initial support and information and how to help a young person to seek professional help or other supports.

Adults who complete the course become Mental Health First Aiders, equipped with the knowledge, confidence, and skills to provide someone with mental health information and support when it matters most.

## BOOK NOW:

**Attendance Numbers:** Min 8, Max 30

**Duration:** 2 days

**Cost:** \$5,500 incl. tax

*Catering is optional at an additional cost*

**To book or for more information  
email:** [suicideprevention@thcfa.org.au](mailto:suicideprevention@thcfa.org.au)

## OTHER COURSES AVAILABLE:

- My Toolbox to Wellbeing
- Mental Health First Aid
- My Toolbox to Wellbeing
- safeTALK & safeYARN



**Manager, HealthAccess Mind Care**  
[suicideprevention@thcfa.org.au](mailto:suicideprevention@thcfa.org.au)  
02 4062 8907



**Find out more:**  
[thcfa.org.au](http://thcfa.org.au)



**THE HEALTHY  
COMMUNITIES  
FOUNDATION  
AUSTRALIA**