

Youth Mental Health First Aid

(Two day course)

A Mental Health First Aid (MHFA) course delivered by Mind Australia Limited



Image: davidf

Mental Health First Aid can be given to a person who may be developing a mental health problem, or who is in a mental health crisis until appropriate professional treatment is received or the crisis resolves itself. This course teaches members of the general public how to assist someone who is developing a mental health problem or in a mental health crisis. Participants will receive a 140 page course manual and a certificate upon completion.

Course dates and times

- 9:15 am - 5:00 pm - Thursday 21 September 2017 and
- 9:15 am - 5:00 pm - Friday 22 September 2017

Venue

Mind Australia Limited
Suite 1 & 2, 64 Victor Crescent
Narre Warren VIC 3805

Cost: \$250

Concession: \$150

Mind Connect

1300 286 463

Carer Helpline

1300 554 660

mindaustralia.org.au



Mind Australia Limited ABN 22 005 063 589

Course content

In this course you will learn the signs and symptoms of developing mental health problems including: depression, anxiety, psychosis and substance misuse. You will find out where and how to get help and how you can assist in various crisis situations, including: having suicidal thoughts, non-suicidal self-injury, panic attacks, traumatic events, severe effects of drug or alcohol use, severe psychotic states and aggressive behaviours.

The facilitator

This course is run by Mind Australia and the instructor is Michala Copeland, a mental health practitioner specialising in youth.

To register

Please click here to register on our Eventbrite page.

Accredited to deliver MHFA
Courses by MHFA Australia

