



WANT TO LEARN HOW
to assist young people
experiencing mental health problems?

Attend a 14-hour Youth Mental Health First Aid (MHFA) Course

This course teaches first aid skills for adult members of the public to give initial help to adolescents experiencing mental health problems, in a mental health crisis situation, or in the early stages of a mental illness.

Where:

When:

Instructor(s):

Cost:

If you're interested in attending this 14-hour Youth MHFA course, please contact:

Contact:

Additional Information:

For further information about
Mental Health First Aid Australia,
please visit our website at:
www.mhfa.com.au

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• DEPRESSION • ANXIETY • PSYCHOSIS • SUBSTANCE MISUSE • EATING DISORDERS • ADOLESCENT DEVELOPMENT •
• SUICIDAL THOUGHTS & BEHAVIOURS • NON-SUICIDAL SELF-INJURY • PANIC ATTACKS • AGGRESSION •