



The Youth Mental Health First Aid Course is primarily designed for adults working or living with adolescents (aged approximately 12 to 18 years). This course is very relevant for parents, teachers, school staff, sports coaches, and youth workers.

YMHFA training is evidence based and informed by the MHFA Guidelines. Research has found this course to be effective. Specifically, a study found that participants who completed the course had improved knowledge of mental illnesses and their treatments, knowledge of appropriate first aid strategies, and confidence in providing mental health first aid, as well as reduced stigma.

This 14 hour training can be run over:

- 2-days (7 hours per day), OR
- 4 Separate modules (3.5 hours each)

What the course covers:

- How to assist adolescents who are developing a mental illness, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received or the crisis resolves.
- Adolescent development,
- How to recognise signs and symptoms of the common and disabling mental health problems in young people,
- Where and how to get help when a young person is developing a mental illness,
- What sort of help has been shown by research to be effective.
- How to provide first aid in a crisis situation.



Developing mental health problems covered are:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems
- Eating disorders

Mental health crisis situations covered are:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury (sometimes called deliberate self-harm)
- Panic attacks
- Traumatic events
- Severe effects of drug or alcohol use
- Severe psychotic states
- Aggressive behaviours

Who can attend a course?

Any interested adult can attend, Note this course is not for adolescents to attend. Also this course is also not a therapy or support group, rather it is an education course to learn how to give first aid to others

See www.mentalhealthstation.org for Regular trainings in our venue or yours. Sydel@mentalhealthstation.org