



**MENTAL
HEALTH
FIRST AID**
Australia

BLENDED YOUTH MENTAL HEALTH FIRST AID COURSE

Learn how to provide mental health first aid to young people aged 12 to 18.

The Blended Youth Mental Health First Aid Course will teach you how to assist adolescents who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence based Action Plan.

This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

Mental health problems covered

- Depression and anxiety
- Eating disorders
- Psychosis
- Substance use problems

Mental health crises covered

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours.

Note: This course is not a therapy or a support group.



What is the format?

Blended Mental Health First Aid Courses are an alternate delivery pathway for our 14-hour Youth Mental Health First Aid Course (for adults assisting young people). Blended MHFA Courses include two components:

- **Course Component 1**
A self-paced eLearning component
- **Course Component 2**
An Instructor-led component using face-to-face or video conferencing (3 sessions of 2.5 hours each including set up time).



Why attend an MHFA course?

Evaluations consistently show that MHFA training is associated with improved knowledge of mental illnesses, their treatments and appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness. It is also associated with decreased stigma and an increase in help provided.

Evidence also tells us that a person is more likely to seek help if it is suggested by someone that they know. By learning these skills you can make a difference in the lives of young people.



Who can attend this course?

Any adult seeking to support young people who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence-based Action Plan can attend.



Become an Accredited Mental Health First Aider

Demonstrate your mental health first aid skills by becoming an Accredited Mental Health First Aider. Complete an online assessment after the course to become accredited.



How do I sign up?

Visit **our website** to find information on how to enrol and complete Components 1 & 2 of the Blended Youth MHFA Course.

See our full range of courses:
<http://www.mhfa.com.au/courses>