



Youth Mental Health First Aid

What is Youth Mental Health First Aid?

Mental illnesses often start in adolescence or early adulthood and it is important to detect problems early to ensure the young person is properly treated and supported.

Who can attend?

The YMHFA course teaches adults who have frequent contact with adolescents, such as parents, guardians, school staff, sport coaches and youth workers, how to assist adolescents who are developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis.

What you will learn

Participants will learn about adolescent development and the signs and symptoms of mental health problems, how and where to get help and what sort of help has been shown by research to be effective.

Program features

In this 14-hour YMHFA course, topics covered include: developing mental health problems, depression, anxiety problems, psychosis, eating disorders and substance use problems, as well as suicide and other mental health crises.

Participants are eligible to become an accredited Mental Health First Aider.

Date: 22 & 23 May 2023
Venue: WA Centre for Rural Health
167 Fitzgerald St, Geraldton
Time: 9.00am-4.00pm (both days)
RSVP: admin-wacrh@uwa.edu.au
Tel: 9956 0200
Cost: \$150 (Includes YMHFA manual, morning tea & lunch)



Western Australian Centre for Rural Health



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