



# Youth - Mental Health First Aid

## Course Overview

The Youth Mental Health First Aid course, approved by Mental Health First Aid Australian (MHFA) 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.

## Target Audience

With a focus on improved mental health literacy and early intervention, Youth MHFA is for adults who work, live or care for adolescents such as teachers, school support staff, parents, sports coaches, community group leaders and youth workers.

## Benefits

- Intervene early: Recognise the warning signs of mental health problems in young people
- Provide Skills: Provide the skills needed to speak openly and accurately about mental health
- Respond in a Crisis: Respond in crisis situations where a young person may be at risk of harm
- Reduce Stigma: Reduce stigma and increase support for young people with mental health problems

## Learning Outcomes

This course gives you skills and knowledge required to for mental health crisis. You will learn to respond to:

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

## Course Duration

This course runs for twelve (12) hours or two (2) day consecutive days total.

## Entry Requirements

- Must be at least 18 years of age to attend the course.
- Must attend face to face training.



## Accreditation & Award

You may undertake one of two pathways to complete your course. On completion of training, you will be eligible to receive a "Certificate of Completion". If you choose to undertake and successfully complete an open book assessment you will be eligible to receive a Certificate of Accreditation from MHFA Australia giving their approval of you as a Standard Mental Health First Aider.

## Delivery Locations

We deliver this course in the following locations

### Batemans Bay

## Fees & Funding

This course is \$220. If you would like more information or to register, contact us on 02 4472 9202 or email [admin@southcoastcolleges.edu.au](mailto:admin@southcoastcolleges.edu.au)

