



YOUTH MENTAL HEALTH FIRST AID COURSE - ACCREDITED

The Youth Mental Health First Aid (YMHFA) course teaches adults how to assist adolescents who are developing any of the following mental health problems, experiencing a worsening of an existing mental health problem or in a mental health crisis:

Developing mental health problems

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

Mental health crises

- 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.

Who can attend a YMHFA course?

Any interested adult, particularly those who work or live with young people, can attend.

The course is accredited with Mental Health First Aid Australia (14 hours). CPD points can be claimed for this course, please check with your registering body for your profession.

Dates : 4 x Wednesday evenings 5:30pm to 9:00pm
29th August, 5th Sept, 12th Sept & 19th Sept

Fee: \$360.00 (inc. GST) Includes manual.

Venue: Wellness Empowerment and Training Institute
Suite 2/139 Alexander Street
Crows Nest NSW 2065
admin@weinstitute.com.au

Presented by: Eleni Psillakis – Accredited Instructor with Mental First Aid Australia