

Youth Mental Health First Aid Course

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbours, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) or young person (16-24) who is experiencing a mental health problem or who is in a crisis.

»» Topics

- Depression
- Anxiety
- Psychosis
- Eating disorders
- Substance misuse

»» Crisis situations

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

»» Key Learning Outcomes:

- Ability to recognise and identify mental health issues in the workplace
- Increased confidence in approaching and having a conversation
- Respond confidently in a crisis situation
- Ability to encourage connection to professional help
- Understand the importance of self care

»» Delivery Methods



Face to Face

- 14 hours over 2 days
- 7 hour sessions
- Max 20 participants



Blended

- 5-7 hours self-paced e-learning component
- 4 hours face-to-face
- Max 20 Participants



Online:

- 5-7 hours self-paced e-learning component
- 3 x 2.5 hour video conferencing

Contact Us

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