**Youth MHFA**

The 14-hour Youth Mental Health First Aid Course is for adults working or living with adolescents (those aged between approximately 12 and 18 years). However, the course can be relevant for those helping people who are a little younger or older. This course is particularly suitable for parents, school staff, sports coaches, and youth workers. The course curriculum is evidence-based, as informed by the [MHFA Guidelines](https://mhfa.com.au/cms/guidelines).

Research has found this course to be effective. Specifically, a study found that participants who complete the course have improved knowledge of mental illnesses and their treatments, knowledge of appropriate first aid strategies, and confidence in providing mental health first aid, as well as reduced stigma. [Find out more.](https://mhfa.com.au/research/mhfa-course-evaluations)

**What the course covers**

The course teaches adults how to assist adolescents (those aged between 12 and 18 years) who are developing a mental illness, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received or the crisis resolves. Course participants learn about adolescent development, the signs and symptoms of the common and disabling mental health problems in young people, where and how to get help when a young person is developing a mental illness, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

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| **Developing mental health problems covered** are:   * Depression * Anxiety problems * Psychosis * Substance use problems * Eating disorders | **Mental health crisis situations covered** are:   * Suicidal thoughts and behaviours * Non-suicidal self-injury (sometimes called deliberate self-harm) * Panic attacks * Traumatic events * Severe effects of drug or alcohol use * Severe psychotic states * Aggressive behaviours |

All MHFA Courses teach how to give the mental health first aid using the MHFA Action Plan ALGEE. [More information about ALGEE](https://mhfa.com.au/cms/what-we-do).

**Course Format -** This is a 14 hour course, which will be delivered as 4 Separate modules (3.5 hours each)

* 29 October 2018 – Session 1
* 5 November 2018 – Session 2
* 12 November 2018 – Session 3
* 19 November 2018 – Session 4

**Who can attend a course?**

Any interested adult Leaders can attend, though please note this course is not for adolescents to attend. This course is also not a therapy or support group, rather it is an education course to learn how to give first aid to others. Please complete the A15 and forward to training along with the course fee of $75.00. Applications will close on Friday 5 October 2018.