

YOUTH MENTAL HEALTH FIRST AID TRAINING



Mental Health first aid is..

Mental health first aid is the help provided to a person who is developing a mental health problem, or who is in a mental health crisis (e.g. the person is suicidal or had a traumatic experience).

Like physical first aid, mental health first aid is given until the person receives professional help or until the crisis resolves.

FACT :

+26.4% of Australians aged 16 - 24 experienced a mental health disorder in the last 12 months.

ABS National Survey of Mental Health and Wellbeing (2008)

+15.2% of young people identified mental health as a major issue facing Australia in 2013, up from 12.7% in 2012 & 10.7% in 2011.

Mission Australia Youth Survey (2013)

YOUTH MENTAL HEALTH FIRST AID COURSE (2 DAYS)

The 14-hour Youth Mental Health First Aid Course teaches adults how to provide initial support to adolescents who are developing a mental illness or experiencing a mental health crisis.

Cost: \$50

(free if you are a YL Leaders)

Date and Time:

Sat 28th - Sun 29th Oct
9am - 4pm

Venue:

CWA Hall
68 Wingewarra Street
Dubbo

Please bring:

Pen, notepad & lunch



THE TRAINING

Mental health first aid strategies are taught in evidence-based training courses authored by Mental Health First Aid (MHFA) Australia and delivered by accredited MHFA Instructors across the country. Young Life Australia offers Youth MHFA as authored by MHFA Australia, delivered by instructor Heather Gant, who is currently accredited by MHFA Australia.

◆ **HEATHER GANT** (B Nursing / B Clinical Practice (Paramedics), Masters Child & Adolescent Mental Health, GradCert. Drug & Alcohol Nursing). From 2009, Heather worked in various roles in Child & Adolescent Mental Health (CAMH), crisis mental health and sexual assault care, including running rural and remote clinics throughout NSW.

Since 2006 she has worked with Young Life, initially as a volunteer and now as a Regional Manager coordinating the work throughout the Central West.



RSVP

Places are limited, so please register by **Fri 9th Oct** to secure your place.

Register online at younglife.org.au/events/dubbo-yymha

Contact Heather Gant for further information. E: heather@younglife.org.au M: 0411 874 410