

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)

+ 324 Australians (10.5 per 100,000) aged 15-24 dying by suicide in 2012. This compares to 198 (6.4 per 100,000) who died in car accidents (the second highest killer).

ABS Causes of Death, Australia, 2012 (2014)

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: \$160

Date and Time:

Wed 7th - Thurs 8th Feb 2018
9am - 4pm

Venue:

Young Life College
35 Kirkwood Street
Armidale

Please bring:

Pen & notepad

(morning & afternoon tea + lunch provided)



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.

Accredited to deliver MHFA
Courses by MHFA Australia



**MENTAL
HEALTH
FIRST AID**
www.mhfa.com.au

◆ **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 **Thurs 25th Jan 2018** to secure your place.

Register online at www.younglife.org.au/intensives

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