

YOUTH MENTAL HEALTH FIRST AID COURSE



Learn skills and gain confidence to assist young people experiencing mental health problems.

*Mental illnesses often start in adolescence or early adulthood and it is important to detect problems early to ensure the young person is properly treated and supported. The YMHA course teaches adults who have frequent contact with adolescents, such as parents, carers, school staff, sport coaches and youth workers, how to assist adolescents who are developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis. This course has been subsidised by the North Coast Primary Health Network and is **FREE** to community members.*

If you're interested in attending this course, please use contact details below to enrol. Hurry limited spots available!

When: 24th & 25th October, from 9am to 4pm

Where: Maclean Services Club, 36-38 River St Maclean

Contact: Sue Hughes on 66403800

email: ourhealthyclarence@nsoa.org.au

MORNING TEA PROVIDED, BYO LUNCH.

COURSE INFORMATION

Course topics include:

Developing mental health problems, depression, anxiety problems, psychosis, eating disorders and substance use disorders, as well as suicide and other mental health crises.

Participants will learn about adolescent development and the signs and symptoms of mental health problems, how and where to get help and what sort of help has been shown by research to be effective.