

## Course Duration Options:

St John offers the following options:

- 12 hours over two days (recommended)
- 4 x 3 hour sessions

## Overview

The two-day Youth Mental Health First Aid course is designed to equip adults who teach, care for, and support young people (aged 12-18 years old) with the confidence and skills to recognise and respond to a young person experiencing a mental health problem or crisis. The course curriculum is based on Mental Health Guidelines and is accredited by Mental Health First Aid Australia.

## Course Content

This evidence-based course teaches adults how to assist adolescents who are developing a mental health problem or in a mental health crisis. This course is particularly suitable for parents, teachers, coaches, and youth workers, as 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, and how to provide first aid in a crisis situation.

Mental health issues covered include:

- Depression
- Anxiety
- Psychosis
- Substance use problems
- Eating disorders

Mental health crisis situations covered include:

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

All MHFA courses teach how to provide mental health first aid using the MHFA Action Plan, ALGEE.

## Who can attend?

Any interested adult can attend. Please note this course is not a therapy or support group, rather it is an education course to learn how adults can support youth.

## Our Facilitators

Our facilitators for this course are fully accredited with MHFA Australia, and are required to maintain their accreditation through regular development and course delivery.

## CPD

Most professionals can claim attendance at a MHFA course for Continuing Professional Development (CPD) with their industry body.

Participants with a language or literacy difficulty or other special needs should inform the training support staff or trainers so appropriate assistance can be arranged.

**Not the right course for you? Contact us to find out about more options.**

## St John Ambulance Australia SA Ltd