



**MENTAL HEALTH  
FIRST AID®**  
Australia

# Youth Mental Health First Aid

The Youth Mental Health First Aid course teaches participants how to provide initial support to a young person (aged 12–18) who may be experiencing a mental health problem or mental health crisis, until professional help is received, or the crisis resolves.

Course participants learn about the signs and symptoms of common mental health problems in adolescents, how to recognise and respond to an emerging or worsening mental health problem, and the treatments and supports available.



## **Intervene early**

Recognise the warning signs of mental health problems in young people.



## **Offer support**

Learn the skills to have an open, supportive conversation about mental health.



## **Respond in a crisis**

Respond across a range of crisis situations where a young person may be at risk of harm.



## **Reduce stigma**

Reduce stigma and increase support for young people experiencing and living with mental health problems.

## **What you'll learn**

Learn how to apply mental health first aid to young people across a range of common mental health problems and crisis situations, including:

- Depression
- Anxiety
- Psychosis
- Substance use problems
- Suicidal thoughts and behaviours
- Panic attacks
- Non suicidal self-injury

## **Why attend a Mental Health First Aid training course?**



## **Improve knowledge**

Evaluations consistently show that by attending a course, participants improve their knowledge of mental illnesses, their treatments and appropriate first aid strategies.



## **Improve confidence**

Course participants report improved confidence in providing first aid to individuals.

## **Become an MHFAider**

Adults who complete the course become Mental Health First Aiders (MHFAiders), equipped with the knowledge, confidence, and skills to provide someone with mental health information and support when it matters most.

Complete a short assessment at the end of the course to become an Accredited Mental Health First Aider (MHFAider). Accreditations are valid for 3 years.




**Anyone can have a conversation that may save a life.  
Everyone should know how.**



**Very worthwhile and relevant to my work as a teacher. It has raised my awareness of mental health issues among young people and what signs to look out for. I have a clear idea of what my role should be as a youth mental health first aider.**

### Duration & Format

The 14-hour course can be delivered in 1 of 3 ways:

Face-to-Face	Blended Face-to-Face	Blended Online
 <p>2 x 7-hour sessions over 2 days</p>	 <p>Self-paced eLearning (5-7 hours), followed by 1 x 7-hour OR 2 x 3.5 hour face-to-face sessions</p>	 <p>Self-paced eLearning (5-7 hours), followed by 3 x 2.5-hour video conferencing sessions</p>



### All sessions are led by a Mental Health First Aid Australia trained and Licensed Instructor

Mental Health First Aid courses are delivered by a national network of more than 3,000 trained and Licensed Instructors. Individuals or small groups can sign up for a public course near you or online, while larger groups can find a Licensed Instructor to deliver private training in-house or at an agreed venue.



### Learning Outcomes

Upon completion of this course participants will be able to:

- Recognise the signs and symptoms of mental health problems in young people
- Use an evidence-based action plan to initiate a mental health first aid conversation
- Assess for a range of crisis situations and provide initial support
- Understand the prevalence and impact of mental illnesses, risk factors and treatments and supports available
- Distinguish between normal and expected changes during adolescence and development of mental health problems
- Understand the scope of the Mental Health First Aider role and the medical rights of minors
- Apply self-care practices as a Mental Health First Aider.



### Suitability

Suitable for individuals, workplaces of all sizes, and volunteer and community-based groups. Any adult (aged 18+) can attend.



This course is recognised by Suicide Prevention Australia as a safe, high-quality, and effective suicide prevention program.



**Take the next step**

Visit our Youth MHFA course page at: [mhfa.com.au](http://mhfa.com.au) OR contact us at: [mhfa@mhfa.com.au](mailto:mhfa@mhfa.com.au) to discuss your training needs.