

This 14-hour YMHFA course teaches adults how to provide Mental Health First Aid to adolescents

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 YMHFA course teaches adults who have frequent contact with adolescents, such as parents, guardians, 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

What is the Youth Mental Health First Aid course?

The Youth Mental Health First Aid (YMHFA) course is based on international MHFA Guidelines. These Guidelines were developed using consensus of mental health consumers, carers and professionals from English-speaking developed countries.

Course content

The YMHFA course teaches adults how to assist adolescents who are developing any of the following mental health problems, experiencing a worsening of an existing mental health problem or in a mental health crisis:

Developing mental health problems

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

Mental health crises

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

Course format

This is a 14-hour course. The delivery format is flexible. Course participants receive a copy of the YMHFA Manual to keep and are eligible to become an accredited Mental Health First Aider.

Who can attend a YMHFA course?

Any interested adult, particularly those who work or live with young people, can attend.

Become an Accredited Mental Health First Aider

Participants who complete this training are eligible to complete an online Accreditation Assessment in order to receive a Mental Health First Aider Certificate of Accreditation valid for 3 years.

HelpingMinds is available to deliver Youth mental Health First Aid to you and your staff. We will travel to you to deliver this course or we can hold it at our Perth Office.

Maximum of 16 and minimum of 6 attendees

TO FIND OUT MORE

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