



Youth Mental Health First Aid

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

If you have frequent contact with young people at work, or you are the parent of a young person, this course will help you:

- identify the signs of mental health problems
- know how and where to get help
- understand what sort of help has been shown to be effective

Delivered by an accredited and experienced instructor, this 2-day course covers topics including depression, anxiety, eating disorders and substance use, as well how to provide help and first aid in a mental health crisis such as suicidal thoughts.

By completing the online assessment after the course, you will receive a Certificate of Accreditation valid for 3 years.

WHEN: 20 & 27 July 2021 | 16 & 23 November 2021

WHERE: SHINE SA, 64c Woodville Road, Woodville

COST: \$190 - includes a copy of the Youth Mental Health First Aid Course

Please bring your own lunch – lunch is not provided in order to keep costs down.

Youth Mental Health First Aid Refresher

This 4 hour refresher course allows participants to refresh their knowledge and skills as well as extend their accreditation for a further 3 years. Check our website for course dates.

COST: \$110 **WHEN:** 25 May 2021 | 24 August 2021

REGISTRATION: www.shinesa.org.au/activity/youth-mental-health-first-aid

ENQUIRIES: courses@shinesa.org.au or 8300 5300



SHINE SA