



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 and understand what sort of help has been shown to be effective.

This 2-day course covers topics including depression, anxiety, eating disorders, substance use as well as 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.

Refresher Course

The Refresher Course is only eligible for those that have completed the Mental Health First Aid Course in the past 3 years. This 4-hour course gives participants an opportunity to refresh their knowledge and skills. The Refresher course also allows participants to extend their accreditation for a further 3 years.

COST:	Youth Mental Health First Aid: \$210	Refresher: \$125
WHERE:	SHINE SA, 64c Woodville Road, Woodville	
DATES:	YMHFA: 23 & 30 May 19 & 26 September	Refresher: 4 July
TIME:	YMHFA: 9:00 am – 5:00 pm	Refresher: 9:00 am - 1:00 pm

Course details and enrolment

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

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