Learn how to support an adolescent developing a mental illness...or experiencing a crisis.

The new Edition 4 Youth MHFA Course is for adults working or living with adolescents, those aged between approx. 12 and 18 years. However, the course can be relevant for those helping people who are a little younger or older. This course is particularly suitable for parents, teachers, sports coaches, and youth workers. Mental health first aid is the help provided to a person who is developing a mental health problem, or who is in a mental health crisis, until appropriate professional treatment is received or the crisis resolves.

Developing mh problems covered:
- Depression
- Anxiety problems
- Psychosis
- Substance use problems
- Eating disorders

Mental health crisis situations covered are:
- Suicidal thoughts and behaviours
- Non-suicidal self-injury (sometimes called deliberate self-harm)
- Panic attacks
- Traumatic events
- Severe effects of drug or alcohol use
- Severe psychotic states

What the course covers:
Course 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 when a young person is developing a mental illness, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

The NEW Edition 4 course includes cultural considerations when work with young Aboriginal and Torres Straight Islander and young LGBTIQ persons.

TOWNSVILLE
Dates: Mon/Tues 10th & 11th Sept. 8.45am-4.30pm
Venue: TBA
Fee: $325 (+ 10% GST)
Register Online: www.suicideprograms.org.au/register
Email: sandra@suicideprograms.org.au
Phone: (07)3117 2455, Mobile: 0433 121 999

THE QUEENSLAND ALLIANCE FOR MENTAL HEALTH INC.
QAMH supports Suicide Programs

Member of:
Suicide Prevention Australia

Suicide Programs
Prevention - Intervention - Postvention
www.suicideprograms.org.au