

## **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 or in a mental health crisis.*

### **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.

***Participants will learn about adolescent development and the signs and symptoms of mental health problems, how and where to get help and what sort of help has been shown by research to be effective.***

### **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.

### **Where can YMHFA courses be held?**

The course can be conducted wherever a YMHFA Instructor can travel. If extended travel is required, the instructor's travel expenses may also need to be met (to be negotiated with the instructor). MHFA courses for members of the public are advertised through the MHFA website.

### **Finding a YMHFA Instructor**

You can find MHFA Instructors in your area on the MHFA website and contact them directly about conducting a course for your organisation, workplace or school. Instructors set their own fees, so we recommend you contact several local instructors for quotes. *All instructors of this course are trained by MHFA Australia.*

### **Who can attend a YMHFA course?**

Any interested adult, particularly those who work or live with young people, can attend. We do offer a separate course which teaches adolescents how to provide mental health first aid to their peers, the **teen MHFA Course**. *See below.*



### **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.

### **Other MHFA courses for helping young people**

#### **teen MHFA for Years 7-9 and Years 10-12**

How a young person can assist a peer, in three 75 minute interactive classroom sessions. teen MHFA can only be delivered in schools or clubs where Youth MHFA training has already been rolled out.

*Note: The information provided in MHFA courses is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.*