



# 14 HOUR YOUTH MENTAL HEALTH FIRST AID COURSE (MHFA)

If you live with or work around young people aged sixteen to twenty four, this course will teach you how to assist adolescents who are developing a mental health problem or are in a mental health crises. You'll understand the signs and symptoms of adolescent mental health problems, how and where to get help and what sort of help has been shown by research to be effective. The course is based on the MHFA Guidelines and is suitable for parents, teachers, sports coaches and youth workers.

## Course Format

This is a 14-hour course that needs to be completed over two days. At the end of the course, you will undertake an examination before receiving a Certificate of Completion.

## Cost

\$198 (incl GST) per person

\*includes manual, lunch, morning & afternoon tea

*\*To secure your place, please ensure full payment is finalised two weeks before course commences.*

## Bookings essential

Campbelltown - 4628 0044

Wollongong - 4227 1122

Nowra - 4421 8248

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For more course dates and to access our FAQ's on this course, visit [catholiccare.dow.org.au](http://catholiccare.dow.org.au)

