

Youth Mental Health First Aid.

Simple, practical first aid skills for helping an adolescent who is experiencing mental health problems.

Adults who work, live or care for adolescents, such as school staff, parents, sports coaches, community group leaders and youth workers.

Learn how to assist an adolescent who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence-based action plan.

What will I learn?

- Adolescent development
- 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
- How to provide first aid in crisis situations



Funded by the Australian Government Department of Social Services.
Go to www.dss.gov.au for more information.

For more information or to make a booking

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**Always
connected.**

