

# Youth Mental Health First Aid Training

Registrations are now open

- Are you a teacher, sports coach, youth worker, receptionist or volunteer?
- Do you work with adolescent aged youth **10-19 years**?
- Are you interested in attending the **two day** Youth Mental Health First (YMHFA) training?

Accredited MHFA Instructors from **headspace** Dandenong and **headspace** Narre Warren will be delivering Youth Mental Health First (YMHFA) training throughout 2016!

## What is mental health first aid:

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.

## What the course covers:

The course teaches **adults** how to assist adolescents who are developing a mental health problem or in a mental health crisis. Participants will learn about 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 and how to provide first aid in a crisis situation.

### 1. Developing mental illnesses covers:

Depression || Anxiety problems || Psychosis || Substance use problems || Eating disorders

### 2. Mental health crisis covers:

Suicidal thoughts & non-suicidal self injury || Panic Attacks || Traumatic events || Severe effects of drug or alcohol use || Severe psychotic states

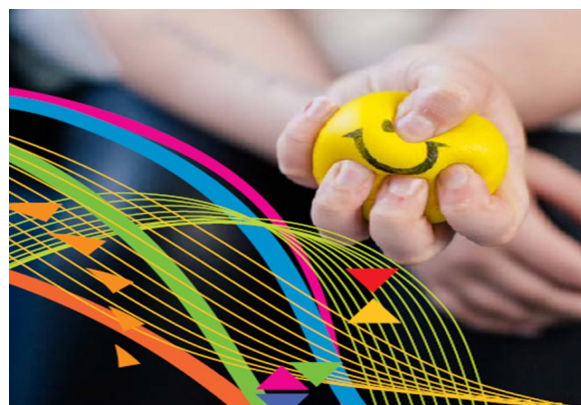
## Special notes about the YMHFA course:

Please note that this course is not for adolescents to attend. This course is also not a therapy or support group, rather it is an education course.

## About your YMHFA trainer

Nick Teo

- \* headspace Clinical Lead
- \* Bachelor of Occupational Therapy
- \* Masters in Inter-Professional Health and Social Care



## When:

Mon 18th April 9am to 5pm &  
Tue 19th April 9am to 5pm (2 days)

## Who:

Teachers, sports coaches, youth workers, receptionists and volunteers over the age of 19 years old.

## Where:

headspace Narre Warren Centre  
66 Victor Crescent, Narre Warren,  
3805 (Near Spotlight)

## Cost:

\$200 per person or \$40 for volunteers  
Includes: training materials and lunches

Note: Limited subsidized spots are available for volunteers working with adolescent aged youth

## Interested?

Complete the registration form on the reverse side and return via:

Fax: 03 9793 4992 or Email:  
[admin@headspacedandenong.com.au](mailto:admin@headspacedandenong.com.au)

## More information about headspace:

Visit [www.headspace.org.au](http://www.headspace.org.au)

## More information about YMHFA course:

Visit [www.mhfa.com.au](http://www.mhfa.com.au)

headspace provides FREE-YOUTH FRIENDLY-CONFIDENTIAL EARLY INTERVENTION COUNSELING SERVICES TO YOUNG PEOPLE AGED 12-25 YEARS AND THEIR FAMILIES. To access headspace services call 1800 367 968 or walk-in to a centre



<b>REGISTRATION FORM</b>	
<b>Training details:</b>	
Course name:	Youth Mental Health First Aid course
Course date/s:	<input type="checkbox"/> Mon 18th April & Tues 19th April
Venue:	headspace Narre Warren
<b>Personal details:</b>	
Name (To go on your Certificate):	
Organisation name (If applicable):	
Mailing address:	
Contact number:	
Email address:	
Dietary or access requirements:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Details of additional requirements:	
<b>Payment details:</b>	<b>Sales invoice will be emailed to you to arrange payment</b>
Name:	
ABN:	
Address:	
Cost (GST incl):	<input type="checkbox"/> \$40 (confirmed subsidized place) <input type="checkbox"/> \$200
<b>headspace admin use:</b>	<b>headspace Admin to complete</b>
Program:	HS_NATIONAL
Location:	headspace Narre Warren
GL Account Code:	6650
Do you want the invoice:	<input type="checkbox"/> Sent to the supplied email above <input type="checkbox"/> Return to headspace Admin
Form completed by:	Name: _____ Date: ____/____/2016
<b>Terms and conditions</b>	<p><b>Payment:</b> South Eastern Melbourne phn will issue a sales invoice upon receipt of this Registration Form. Payment must be received and confirmed within <b>5 business days</b> prior to the course start date to secure your place.</p> <p><b>Course Completion:</b> In addition to satisfactorily completing all theoretical course components, you must attend both days.</p>
<b>Return completed forms via:</b>	Fax: <b>03 9793 4992</b> <u>or</u> email: <b>admin@headspacedandenong.com.au</b>