



**MENTAL HEALTH
FIRST AID®**
Australia

Youth Mental Health First Aid

The Youth Mental Health First Aid course teaches participants how to provide initial support to a young person (aged 12–18) who may be experiencing a mental health problem or mental health crisis, until professional help is received, or the crisis resolves.

Course participants learn about the signs and symptoms of common mental health problems in adolescents, how to recognise and respond to an emerging or worsening mental health problem, and the treatments and supports available.



Intervene early

Recognise the warning signs of mental health problems in young people.



Offer support

Learn the skills to have an open, supportive conversation about mental health.



Respond in a crisis

Respond across a range of crisis situations where a young person may be at risk of harm.



Reduce stigma

Reduce stigma and increase support for young people experiencing and living with mental health problems.

What you'll learn

Learn how to apply mental health first aid to young people across a range of common mental health problems and crisis situations, including:

- Depression
- Anxiety
- Psychosis
- Substance use problems
- Suicidal thoughts and behaviours
- Panic attacks
- Non suicidal self-injury

Why attend a Mental Health First Aid training course?



Improve knowledge

Evaluations consistently show that by attending a course, participants improve their knowledge of mental illnesses, their treatments and appropriate first aid strategies.



Improve confidence

Course participants report improved confidence in providing first aid to individuals.

Become an MHFAider

Adults who complete the course become Mental Health First Aiders (MHFAiders), equipped with the knowledge, confidence, and skills to provide someone with mental health information and support when it matters most.

Complete a short assessment at the end of the course to become an Accredited Mental Health First Aider (MHFAider). Accreditations are valid for 3 years.

**Anyone can have a conversation that may save a life.
Everyone should know how.**