

YOUTH MENTAL HEALTH FIRST AID

Project Youth have received funding to deliver 2 x accredited Mental Health First Aid for Youth training sessions. This training is being offered to young people who are 18-24 years old, who want to be Mental Health First Aiders. This is a great opportunity to improve your capacity, knowledge and skills in mental health.

The Youth Mental Health First Aid Course Teaches participants how to provide initial support to a young person who may be experiencing a mental health problem or mental health crisis, until professional help is received, or the crisis resolves.

Are you aged between 18 - 24 years?

Would you like to get more knowledge and understanding around Youth Mental Health?

Would you like to become an accredited Youth Mental Health First Aider?



Project Youth are offering 2 training sessions

First Session: Monday 11th & Tuesday 12th November 2024 at Menai

Second Session: Monday 20th & Tuesday 21st January 2025 at Miranda

Please note: Participants must attend 2 full days from the same session to complete the training.
Cancellations within a 7 day period will be charged a non-attendance fee.

Sessions will run from 8.30am-5pm each day.

Spaces are limited in each session so register your interest to secure your place !

To register your interest or for more information, please email peerworker@projectyouth.org.au