

Accredited to deliver MHFA
Courses by MHFA Australia



**MENTAL
HEALTH
FIRST AID**

www.mhfa.com.au



YOUTH MENTAL HEALTH FIRST AID COURSE

Latest Edition

Learn skills and gain confidence to assist young people experiencing mental health problems or crises.



If you have frequent contact with young people at work, or you are the parent of a young person, this course will help you:

- identify the signs of mental health problems
- know how and where to get help
- understand what sort of help has been shown to be effective

Delivered by an accredited and experienced instructor, this course covers topics including depression, anxiety, eating disorders and substance use, as well how to provide help and first aid in a mental health crisis such as suicidal thoughts.

By completing the online assessment after the course, you will receive a Certificate of Accreditation valid for 3 years.

WHEN:	<i>Course 1:</i> 3–4 May 2017 (8.30am – 5.00pm) <i>Course 2:</i> 31 August – 1 September 2017 (8.30am – 5.00pm)
WHERE:	SHINE SA, 64c Woodville Road, Woodville
COST:	\$160 (10% student discount applies) includes a copy of the Youth Mental Health First Aid Manual

Please bring your own lunch – lunch is not provided in order to keep costs down.

REGISTRATION

Register online at:

www.shinesa.org.au/courses/youth-mental-health-first-aid

ENQUIRIES

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