



Mental
Health
Education
Victoria

▶ YOUTH MENTAL HEALTH FIRST AID TRAINING For teachers, school staff and volunteers

We know that Schools today are called upon to play such a pivotal role in the lives of students and they do this beyond the classroom.

Fortunately, young people have this incredible community of people in their lives and as such, they can be an outlet, a source of support and help when young people really need it. This is especially true for adolescents experiencing mental health challenges.

Youth Mental Health First Aid will equip staff with the knowledge and confidence to assist young people with mental health crisis and conversations.

▶ What the course covers

Our accredited Youth Mental Health First Aid courses have been described as engaging, interactive and fun, and provides all staff who work/live with young people with the necessary skills and tools to effectively support their mental health and wellbeing.

The course teaches adults how to assist adolescents who are developing a mental illness, experiencing a worsening of an existing mental health problem, or are in a mental health crisis, until appropriate professional help is received, or the crisis resolves.

This framework provides participants with an assurance that early intervention in any metal illness is key in creating a safe and healthy school environment. Each course participant receives a copy of the YMHFA Manual and a Certificate of Accreditation through MHFA Australia.





► Modes of Delivery

In-Person

The in-person YMHFA course can be delivered at your school and is 14-hours in length. These hours can be broken up into portions that work for your school e.g. 2 × 8-hour sessions, 4 × 3.5-hour sessions. We will work with you to ensure that the course can be delivered at a time and day that suits you.

Blended Delivery Format

Blended Mental Health First Aid Courses are an alternate delivery pathway and include two components:

Course Component 1

A self-paced, eLearning component taking approx. 3-4 hours in length and must be completed prior to attending Course Component 2.

Course Component 2

An instructor-led component using face-to-face or video conferencing (3 × 2.5-hour Zoom sessions or in-person sessions that can be delivered in one full day, 2 x 4-hour sessions, or 4 × 2-hour sessions at your school).

Our training courses are informative, engaging and inspiring. Our participants leave with a newfound confidence in their ability to support their students and colleagues, and with an eagerness to implement their knowledge and skills to ensure a long-lasting impact for their school community.

Mental health crisis situations covered are:

- Depression
- Anxiety problems
- Suicidal thoughts and behaviours
- Non-suicidal self-injury (sometimes called deliberate self-harm)
- Panic attacks
- Traumatic events
- Severe effects of drug or alcohol use
- Severe psychotic states
- Aggressive behaviours

Developing mental health problems covered are:

- Depression
- Anxiety problems
- Psychosis
- Substance use problem
- Eating disorders



**MENTAL HEALTH
FIRST AID®**
Australia

Accredited Instructor

