

Youth Mental Health Education for Carers at no cost

A Carer is a person who provides unpaid care and support to a family member or friend living with a disability, chronic condition, terminal illness, developmental disorder, mental illness, alcohol or drug issue, gambling addiction or who is frail aged. People who identify as a Carer are welcome to refer themselves to Carers NT to access support and services.

Carers NT is a not-for-profit, community based organization and registered charity dedicated to improving the lives of Carers living in the NT (www.carersnt.asn.au).

TeamHealth is a not-for-profit organisation that has delivered wide ranging support for people dealing with mental health concerns or mental illness for almost 30 years in the NT (www.teamhealth.asn.au).

In December, Carers NT and TeamHealth are partnering to provide Youth Mental Health Education to Carers in our region at no cost. Two half day sessions in Youth Mental Health have been organized and Carers are invited to register to attend one or both of the sessions. *Please note that the content of the two half day sessions overlaps with some material delivered during the 14-hour Youth Mental Health First Aid (YMHFA). If you have recently attended the 14-hour YMHFA you are unlikely to benefit from attending these sessions.*

What: Youth Mental Health Education (Session 1)
Adolescent Development, Communication and Non Suicidal Self Injury

Where: Carers NT, 59 Bayview Blvd Bayview

When: 9:00 am to 12:00 pm on Monday the 12th December 2016

Cost: FREE (noting that this course is for Carers only)

Phone: 1800 242 636 to refer yourself to Carers NT and/or register to attend

Email: carersnt@carersnt.asn.au

What: Youth Mental Health Education (Session 2)
Eating Disorders and Anxiety in Young People

Where: Carers NT, 59 Bayview Blvd Bayview

When: 9:00 am to 12:00 pm on Thursday the 15th of December 2016

Cost: FREE (noting that this course is for Carers only)

Phone: 1800 242 636 to refer yourself to Carers NT and/or register to attend

Email: carersnt@carersnt.asn.au



If you are a Carer and are interested future offerings of this course and others relating to mental health, then follow Carers NT on Facebook.