

2019 CALENDAR

Youth Mental Health First Aid

Facilitated by TeamHEALTH

The Youth Mental Health First Aid course is designed for adults working or living with adolescents aged between approximately 12 and 18 years of age.

What does the course cover? The course teaches essential skills on how to assist adolescents who are developing a mental health problem, experiencing the worsening of a mental health problem or in a mental health crisis.

You will learn about adolescent development, the signs and symptoms of the common and disabling mental health problems, where and how to get help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

The course curriculum is evidence-based, as informed by the Mental Health First Aid Guidelines.

DARWIN

- April 16 -17
- June 12 – 13
- July 2 – 3
- August 7 – 8
- September 4 – 5
- October 10 – 11
- November 27 – 28

KATHERINE

- July 16 – 17
- October 1 -2

Register online at: www.teamhealth.asn.au/education-training

Email: training@teamhealth.asn.au | www.teamhealth.asn.au

Phone: (08) 8943 9600 | Mobile: 0422 847 811



**MENTAL
HEALTH
FIRST AID**
Australia