

## 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.

<b>WHEN:</b>	<i>Course 1:</i> 26 February & 5 March 2018 (8.30am – 5.00pm) <i>Course 2:</i> 23 & 30 July 2018 (8.30am – 5.00pm) <i>Course 3:</i> 20 & 27 November 2018 (8.30am – 5.00pm)
<b>WHERE:</b>	SHINE SA, 64c Woodville Road, Woodville
<b>COST:</b>	\$160 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](http://www.shinesa.org.au/courses/youth-mental-health-first-aid)

### ENQUIRIES

**Zac Cannell**

[zac.cannell@shinesa.org.au](mailto:zac.cannell@shinesa.org.au) or 1300 794 584