

Youth Mental Health First Aid

Course Outline

This course is designed for parents, teachers, community workers, youth workers and all others who are supporting or assisting young people with mental health problems. Adolescents are the most at risk to have their first experience of mental illness and have the highest rates of suicide attempts.

This two day course will talk through how mental health problems and mental illness may present in a young person and strategies to support them and connect them with professionals.

- Mental illnesses
 - Risk factors, prevalence and impact
 - Interventions and recovery
- Mental Health in Adolescents
 - Adolescent development
- Mental Health First Aid
 - The MHFA Action Plan
- Depression
 - Signs and symptoms
 - Interventions
- The MHFA Action Plan for depression
 - Crisis first aid for suicidal thoughts and behaviours
 - Crisis first aid for non-suicidal self-injury
- Anxiety problems
 - Signs and symptoms
 - Interventions.
- The MHFA Action Plan for anxiety problems
 - Crisis first aid for panic attacks
 - Crisis first aid after a traumatic event
- Eating Disorders
 - Signs and symptoms
 - Interventions
- The MHFA Action Plan for eating disorders
- Psychosis
 - Signs and symptoms
 - Interventions.
- The MHFA Action Plan for psychosis
 - Crisis first aid for severe psychotic states
- Substance use problems
 - Signs, symptoms and interventions.
- The MHFA Action Plan for substance use problems
 - Crisis first aid for severe effects of substance use
 - Crisis first aid for aggressive behaviour

Closing statements and accreditation instructions