

Youth Mental Health First Aid Training

What is Youth Mental Health First Aid?

Mental Health First Aid is assistance provided to a person developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

The Youth Mental Health First Aid Training (YMHFA) is designed to train adults to assist young people in mental health crisis situations and/or in the early stages of mental health problems.

At completion of the two day training participants will learn the signs and symptoms of mental health problems affecting young people, where and how to get help and what sort of help has been shown by research to be effective.

The Youth Mental Health First Aid Course is for adults working or living with adolescents.

TRAINING DETAILS:

Date: Thursday 14th & Friday 15th October 2010

Time: 8:45am registrations for a 9:15am start - 4:30pm close (morning & afternoon tea provided, need to BYO lunch)

Venue: Adelaide Northern Division of General Practice: 2 Peachey Road, Elizabeth West

Facilitated by: Rick Thompson - Clinical Practice Consultant

Cost: \$50 (inc GST)

MAXIMUM NUMBER OF PARTICIPANTS: 20 PER WORKSHOP - Limited spaces available!

Registration of Interest Form (Fax to 8252 9433 by the 1st October 2010)

Please Note - You will be notified if your registration is accepted/not accepted. Please DO NOT send cheque/money prior to receiving confirmation from headspace

Name _____

Occupation _____

Organisation _____

Address _____

Phone no(_____) _____ **Mobile** _____

Email _____

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Adelaide Northern Division of General Practice

2 Peachey Road Elizabeth West SA 5113 | PO Box 421 Elizabeth SA 5112

T 08 8209 0700 | F 08 8252 9433 | www.andgp.org.au | ABN 12 061 979 048

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