



BECOME A MENTAL HEALTH FIRST AIDER

to support Aboriginal and Torres Strait Islander young people.

About 1 in 4 young Australians experience a common mental illness each year. Youth Aboriginal and Torres Strait Islander Mental Health First Aid (MHFA) training will teach you practical skills to support young people who may be experiencing a mental health problem. Make a real difference to Aboriginal and Torres Strait Islander young people.

YOUTH ABORIGINAL AND TORRES STRAIT ISLANDER MHFA TRAINING

KNOWLEDGE

Improves knowledge of mental illnesses, treatments and first aid actions.

CONFIDENCE

Increases confidence in providing first aid.

DE-STIGMATISING

Decreases stigmatising attitudes.

SUPPORT

Increases the support provided to others.



LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems affecting Aboriginal and Torres Strait Islander young people
- Provide initial support using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

DATES

TIMES

COST

VENUE

FACILITATOR/S

'Very engaging, relative and culturally sensitive. I found this course to be very valuable and would highly recommend it to all staff delivering health services, and all community members wanting to gain more knowledge and awareness.'

- Course Participant

For more information, visit mhfa.com.au/courses

