



YOUTH MENTAL HEALTH FIRST AID



What is Youth Mental Health First Aid?

Mental Health First Aid is the help given to someone 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.

Youth mental health first aid is designed to train adults to assist young people in mental health crisis situations and/or in the early stages of mental health problems.

Course Content

- Suicidal behaviours
- Acute stress reaction
- Acute psychotic behaviour
- Anxiety disorders
- Substance use disorders
- Self-Harm
- Panic Attacks
- Depression
- Psychosis
- Eating disorders

Course Format

This a 2 day training package (7 hours per day) on Tuesday 8th and Wednesday 9th December 2009 commencing at 8.30am. (You must attend BOTH days).

Bookings

The cost to attend both days is \$110 (GST inc) and is fully catered. Cost includes provision of course manual.

To book, please fax the attached registration form to Travancore School, attention Karen Cull on (03) 9345 6052. You will then be invoiced for payment.

Registrations close on Friday 27th November 2009.

Where

Travancore School,
50 Flemington Street
Flemington Vic 3031
(Melways Map 29 A11)
Elizabeth Street Tram No 59 – Stop 26
Telephone: (03) 9345 6053
www.travancoresch.vic.edu.au

This is an education course and not a therapy program or support group and is suitable for all people working with secondary school age students.

**YOUTH MENTAL HEALTH FIRST AID
8TH AND 9TH DECEMBER 2009
REGISTRATION FORM**

Please enrol me in the Youth Mental Health First Aid 2 day program for term 4, 2009.

Name: _____

Position: _____

Contact Phone Number: _____

Contact E-mail Address: _____

Dietary Requirements: _____

Address for Billing:

