



TMF Training Solutions

Youth Mental Health First Aid

14 hr. program delivery

In Australia, around one in seven 4 to 18 year old Australians will suffer from a mental illness each year.

Mental Health First Aid aims to improve knowledge and confidence about mental health and wellbeing.

The Youth Mental Health First Aid program teaches adults how to assist adolescents who are developing a mental health problem or in a mental health crisis.



Mental Health First Aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis. The first aid is given until the appropriate professional help is received or the crisis resolves.

TMF Training Solutions delivers MHFA courses as authored by Mental Health First Aid Australia, with experienced and accredited MHFA Principal Master Instructors.

Our approach at TMF Training Solutions helps you to learn about mental health problems and mental health crises and how to respond to them in a safe, inclusive and friendly environment.

Participants will learn:

- ✓ Signs and symptoms of the common and disabling mental health problems in young people,
- ✓ where and how to get help when a young person is developing a mental illness
- ✓ what sort of help has been shown by research to be effective

On completion of the program participants will gain:

- ✓ A Youth Mental Health First Aid Manual and Certificate
- ✓ Understanding and recognition of how to provide initial support to young people who are developing any of the following mental health problems, experiencing a worsening of an existing mental health problem or mental health crises:
 - Depression
 - Anxiety problems
 - Psychosis
 - Substance use problems
 - Eating disorders

Mental health crises covered:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or drug use

Mental Health First Aid (MHFA) course is based on the international MHFA Guidelines.



**MENTAL
HEALTH
FIRST AID**
Australia

[Arrange Mental Health First Aid Training that best meets your needs today.](#)

For a confidential discussion regarding Youth Mental Health First Aid Training for yourself, your organisation, community group or workplace please contact our training team:

tmftrainingsolutions.com.au | E: MHFA@tmftrainingsolutions.com.au
M: 0407 198 363