

Youth Mental Health First Aid training

Course dates 2022



The Shire is providing Youth Mental Health First Aid training courses to anyone caring, volunteering or working with young people on the Mornington Peninsula.

This training can significantly impact how you support young people within our community.

The course will teach adults how to assist adolescents who are developing a mental illness or who are experiencing a worsening of an existing mental health problem. You will be able to work with young people through challenging times, until appropriate professional help is received or the crisis is resolved.

Learn about adolescent development, signs and symptoms of mental health problems in young people and how to respond.

Courses over two days (9am – 5pm) at The Corner Youth Centre, Mornington:

- 4 May and 11 May 2022
- 15 October and 22 October 2022

Blended Courses - 1-day course with an eLearning component (9am – 5pm):

- 19 March 2022 – The Corner, Mornington
- 18 August 2022 – Rosebud Library

* eLearning component (approx. 4hours) followed by 1-day with one of our accredited MHFA Instructors.

For further information and to register your interest, contact Chloe Donazzan:

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