

Mental Health First Aid over 2 years

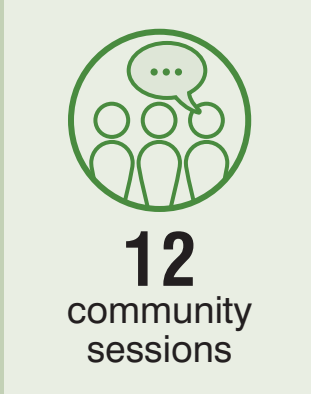
Over the last 2 years, depressive symptoms have been a significant risk factor for young people on the Peninsula. To address this risk Mental Health First Aid training was rolled out across the Peninsula. This was to educate and equip our community to best support and empower young people experiencing Mental Health problems.



5
sessions delivered to local sporting club members and coaches



11 sessions
in Peninsula schools



12
community sessions



1,400
people trained across the Mornington Peninsula Shire



3,150
minutes of delivery to teenagers



498
community members trained to recognise signs of mental health illness and support young people



1,046
young people trained to recognise signs of mental health illness in their peers and friends



Twelve
Mornington Peninsula Youth Services staff trained as facilitators



154
hours of delivery to teaching staff at local high schools