

Youth Mental Health First Aid training

Course dates 2025



Do you care for, volunteer, or work with young people on the Mornington Peninsula? Our Youth Mental Health First Aid courses enable you to support young people.

Learn about:

- adolescent development
- signs and symptoms of mental health problems in young people
- how to respond
- assisting adolescents who are developing a mental illness or experiencing a worsening of an existing mental health problem
- working with young people through challenging times, until they receive appropriate professional help or resolve the crisis

Course options:

- Full-day training, Saturday 26th April (9:30am - 4:30pm) Rosebud.
- Full-day training, Wednesday 9th July (9:30am - 4:30pm) Hastings.
- Over 3 sessions, Monday 1st, 8th & 15th September (5:30 - 8:30pm) Mornington.

Course Fee \$120 per person

Training includes an eLearning component (approx. 4 hours) followed by face-to-face with two of our accredited MHFA Instructors.

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



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Register: bit.ly/mornpen_ymhfa