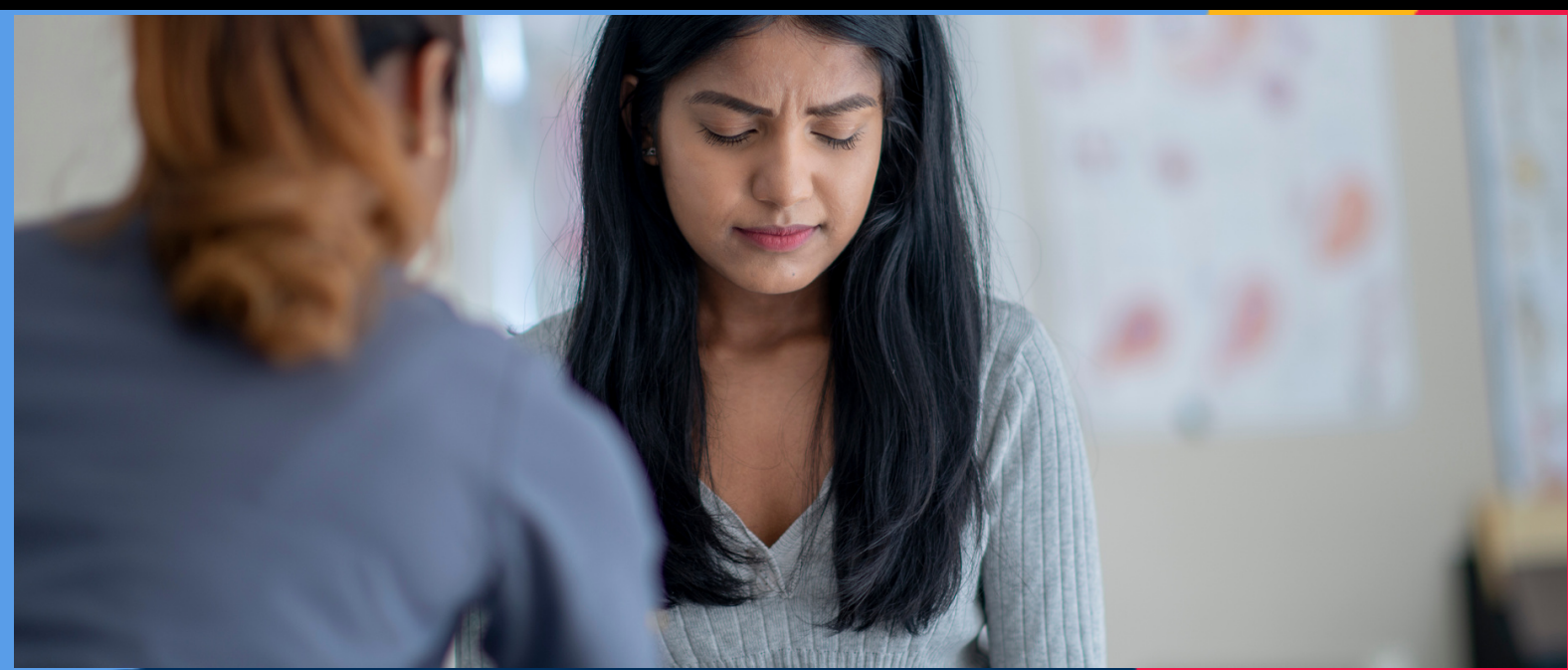


Youth Mental Health First Aid training

Course dates 2023



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:

1. Over three days at the Corner Youth Centre, Mornington 16, 23 and 30 May (5-7pm)
2. Full-day training 27 September, Mornington Community House (10am-4.30pm)
3. Full-day training 7 October, The Corner Youth Centre (9.30am-4.30pm)

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

For further information and to register your interest, contact Sue Hannah:

- ☎ 0408 050 828
- ✉ cmhfa@mornpen.vic.gov.au
- 📍 Register: bit.ly/mornpen_ymhfa