



# Youth Mental Health First Aid

This is open for all members of the community who are supporting a loved one with a mental health concern

Training will be held at  
**Kyabra Community  
Association**  
Kyabra Street,  
Runcorn 4113

## Mental Health First Aid **ACTION PLAN**



- A**pproach, assess and assist with any crisis
- L**isten non-judgmentally
- G**ive support and information
- E**ncourage appropriate professional help
- E**ncourage other supports

VISIT [www.mhfa.com.au](http://www.mhfa.com.au) FOR INFORMATION ON COURSES

**Mental Health First Aid** is the help provided to a person who is developing a mental health problem, or who is in a mental health crisis, until appropriate professional treatment is received or the crisis resolves. Mental health first aid strategies are taught in evidence-based training programs authored by Mental Health First Aid (MHFA) Australia and conducted by accredited MHFA Instructors across Australia.

**When:** Saturday 16th February 2019 & Saturday 23rd February 2019  
**Time:** 9.00am to 4.30pm

Participants must attend both days in February to complete the course and receive a certificate



Please contact Kyabra's Intake Team on 07 3373 9499 if you are interested in attending the course.



The **Youth Mental Health First Aid Course** is for adults working or living with adolescents, those aged between approximately 12 and 18 years. However, the course can be relevant for those helping people who are a little younger or older. This course is particularly suitable for parents, teachers, sports coaches, and youth workers.

### **What the course covers:**

The course teaches adults how to assist adolescents who are developing a mental health problem or in a mental health crisis. Course participants learn about adolescent development, the 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, and how to provide first aid in a crisis situation.

### **Developing mental health problems covered are:**

- Depression
- Anxiety problems
- Psychosis
- Substance use problems
- Eating disorders

### **Mental health crisis situations covered are:**

- Suicidal thoughts and behaviours
- Non-suicidal self-injury (sometimes called deliberate self-harm)
- Panic attacks
- Traumatic events
- Severe effects of drug or alcohol use
- Severe psychotic states
- Aggressive behaviours

### **Facilitator: Ruth O'Sullivan**

Ruth is currently working as a Peer Rehabilitation Worker Supervisor within Queensland Health, so provides up to date/current work practices. Ruth has also worked as a resource worker at Kyabra Community Association which is a well regarded Non-Government Organisation. Ruth has also worked as a Carer Consultant with Child and Youth Mental Health Services on the Gold Coast. She has completed Program Development and Facilitation (PDF) and has gained experience in management of groups and good course delivery skills. She has a Bachelor of Social Science, completed two subjects of the Masters in Mental Health, is a Wellways - Building a Better Future facilitator and a Clinical Hypnotherapist. Her special interest is facilitating YMHFA to family members and Carers of people with Mental Health difficulties.

This is a **FREE** course.  
Tea, coffee and biscuits  
will be provided  
Please bring your own  
lunch otherwise there are  
take away options close by  
if you prefer.



Australian Government  
Department of Social Services

