



Youth Mental Health First Aid

While Mental Health First Aid has been offered to the adult community for some time, until now there has not been a course specifically targeted towards helping adults provide initial support to young people experiencing mental health problems.

If enough people are interested this course will be delivered by Melissa Metcalf in Shepparton.

Who should attend?

- * Secondary school teachers
- * Welfare coordinators
- * Principals
- * Youth workers
- * Church group leaders
- * Anyone who works with groups of young people

Course content

- * Suicidal behaviours
- * Self-harm
- * Panic attacks
- * Acute psychotic behaviour
- * Anxiety disorders
- * Eating disorders
- * Substance use disorders
- * Depression

Date

Yet to be confirmed

Cost

Approx \$20 per person

For the course to go ahead 8 -15 people are needed

To express your interest, please contact:

Mel Vidler.

Email: mel.vidler@shepparton.vic.gov.au



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