



JUNAYA

Family Development
Services

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This is a FREE Course for Parents & Carers

Topics include :

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

Who:

The 14-hour Youth Mental Health First Aid Course teaches Parents / Carers (18 years & over) how to provide initial support to adolescents (12 years+) who are developing a mental illness or experiencing a mental health crisis.

When:

During Public School Terms

Duration:

3 Hours x 4 weeks

Where:

Blacktown LGA - tbd

- ▶ **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 (e.g. the person is suicidal or has had a traumatic experience).
- ▶ Like physical first aid, mental health first aid is given until the person receives professional help or until the crisis resolves.
- ▶ MHFA Strategies are taught in evidence based training courses authored by Mental Health First Aid Australia & delivered by accredited MHFA instructors across the country.
- ▶ JFDS offers MHFA Courses as authored by MHFA Australia & delivered by accredited MHFA instructors.



Youth Mental Health First Aid

BOOKINGS ESSENTIAL

For further information, expressions of interest & to make bookings

Please phone 9621 3922