



Youth Mental Health First Aid Course

Held over 4 Saturdays - commencing 20th Feb, from 9.00 am to 12.30pm.

Held at Mackay State High School

Totalling 14 hours training.

This course is for **adults** working or living with adolescents (aged 12 - 18+).

It teaches:

- strategies to assist adolescents who are developing mental health problems or in a mental health crisis
- signs & symptoms of common & disabling mental illness in adolescents
- where & how to get help when a young person is developing a mental health problem; &
- what sort of help has been shown, by research, to be effective.

Training will be conducted by **Headspace Mackay** & trainer costs are being sponsored by the Rotary Club of Mackay Northern Beaches. Places are limited, but suitable to all Teachers, parents/carers & volunteer sports coaches engaging with adolescents.

To enrol:

- 1) Pay the **participants' fee of \$25** for the course manual, materials & refreshments, by EFT - to [BSB: 124001 Account: 2295 8987](#) (Rotary Club of Mackay Northern Beaches, Community Projects) – for the *Reference* use your name.
- 2) Email your name, occupation & employer (if appropriate) to tchee1@eq.edu.au.
A confirmation reply will be sent after payment is acknowledged.

RSVP by: Tuesday - 16th Feb. **(Course dates: 20th, 27th Feb, 6th, 13th March)**

Enquiries to Tania on the email above.

