

+ Mental Health First Aid Training +

YOUTH Mental Health First Aid training - any interested person can attend

Cost: \$100.00 per person

NB: this course is not a therapy or support group, it is an education course.

This 12 hour, two day course is designed to train adults to assist young people in crisis situations and/or who are in the early stages of mental health problems.

Crisis situations covered are:

- * Suicidal behaviour and self-harm
- * Acute stress reaction
- * Panic attacks
- * Acute psychotic behaviour

Mental health problems covered are:

- * Depression
- * Substance use
- * Anxiety disorders
- * Eating disorders
- * Psychosis
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Participants will learn the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

To register your interest in attending Mental Health First Aid training, please complete this form and fax it back to the Community Liaison Team at Brisbane South Division on 07 3274 1930.

Training Dates: _____

Name: _____

Organisation: _____

Phone Number: _____

Email Address: _____

Credit Card Info: _____ Expiry: __ / __ CCV: ____

For further information, please contact the Division:

Phone: 07 3274 1886 Fax: 07 3274 1930

Email: info@brisbanesouth.com.au

YOUTH