

WORLD SUICIDE PREVENTION WEEK

Youth Mental Health First Aid

Two Day Certificate Course Sept. 11 & 18, 2009

Youth Mental Health First Aid is a two-day certificate course for **ADULTS** working with or living with youth and teaches the signs and signals of common mental health problems and the skills needed to support a young person who may be developing a mental health disorder or in a mental health crisis. This course will have a particular focus on suicide prevention, direct questioning and early intervention.

Topics covered...

- * Depression
- * Anxiety
- * Eating Disorders
- * Traumatic events
- * Suicide prevention
- * Substance Use Disorder
- * Non-Suicidal Self-injury
- * Psychotic Disorders

Crisis situations...

- * panic attack
- * acute stress
- * psychosis
- * overdose
- * trauma
- * suicide

This course will be held over two consecutive Fridays September 11th & 18th, 9.30am - 5pm at the Byron Youth Activities Centre (YAC), 1 Gilmore Crescent, Byron Bay. Cost \$180 includes morning/afternoon tea and a light lunch. A Youth Mental Health First Aid Manual will be provided and a YMHFA Certificate upon completion.

You could save a young persons life...

For further information and bookings, phone Nicqui Yazdi on 0402013177 or email nicquiyazdi@yahoo.com.au

