



Youth Mental Health First Aid

Mental Health First Aid is the help provided to a person developing a mental health problem or in a mental health crisis, until appropriate professional treatment is received or the crisis resolves (Kitchener & Jorm, 2002).

Youth Mental Health First Aid Strategies are taught in training programs developed by Mental Health First Aid (MHFA) Australia, a national not-for-profit health promotion charity focused on mental health and training. The course can be offered in 4 half day sessions or 2 full day sessions and is highly recommended for parents, carers and those working with young people in any role or capacity. Participants who complete the course will be presented with a certificate.