

TEEN Mental Health First Aid Course

Teaching high school students in Years 7-9 and 10-12, how to provide mental health first aid to their friends.



Man Anchor

TEEN MENTAL HEALTH FIRST AID COURSE

The Teen Mental Health First Aid course is for high school students in Years 7-9 and 10-12. Students will learn how to provide mental health first aid to their friends. This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

What the Course Covers:

- Anxiety and depression
- Eating disorders
- Alcohol and other drug disorders
- Psychosis
- Suicidal thoughts and behaviors
- Non-suicidal self-injury
- Intoxication
- Bullying and abuse



Note: This course is not a therapy or support group.

This course is taught over 3 x 75mins or 3 x 60mins classroom sessions on non-consecutive days. The course can only be delivered in settings where adults have been trained in Youth MHFA.

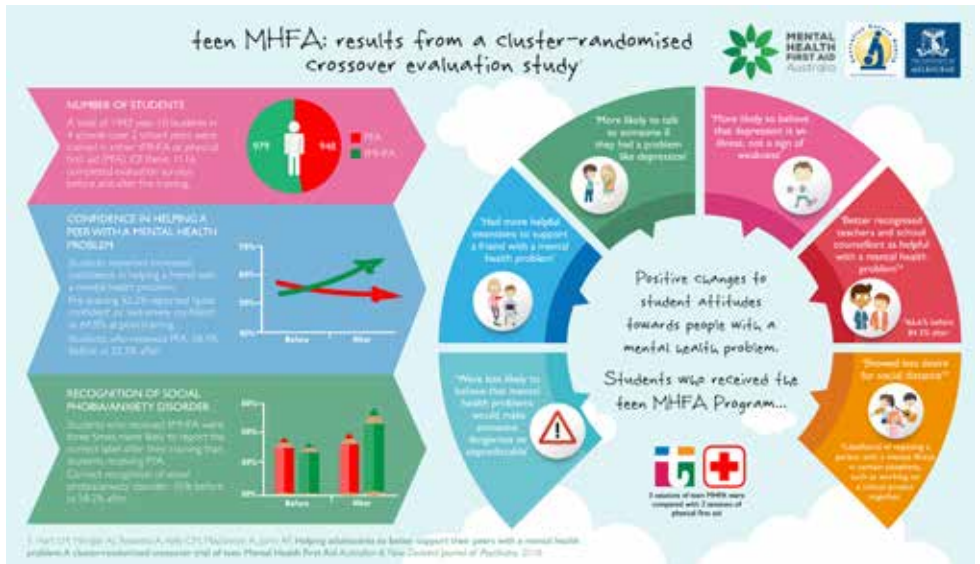
Who can attend this course?

Students in Years 7-9 and 10-12 can attend this course and it can also be delivered in other settings such as sports clubs, juvenile justice settings, scouts and guides. The course must be delivered to the entire group of young people in the setting. For example, to every Year 10 student, or everyone on the team.



WHY ATTEND A TEEN MENTAL HEALTH FIRST AID COURSE?

Research with high school students who receive tMHA students report reduced stigma, increased confidence in supporting a peer with a mental health problem and are also able to recognise certain adults as helpful to a peer with a mental health problem.



Course Facilitator
Steven Gamble

Thank You

Thank you for your interest in this course and willingness to care for others.

For more information or to book your place in the next course please visit our website

www.mananchor.com.au

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