



# ESSENTIAL TRAINING

*Putting Safety First!*

## YOUTH MENTAL HEALTH FIRST AID (MHFA)

Learn how to provide mental health first aid to young people aged 12 to 18 years.



This course is delivered in collaboration with our expert trainer and facilitator who is a Licensed Instructor for Mental Health First Aid Australia, for both the standard MHFA course as well as this Youth Mental Health First Aid course.



The Youth Mental Health First Aid course will teach you how to assist adolescents who may be experiencing a mental health problem or crisis, until appropriate professional help is received or the crisis is resolved, using a practical evidence-based Action Plan to assist you in a range of situations.

## Course Information

This course provides an insight into recognising and dealing with a range of mental health issues that may present in an education or care setting, or at home, equipping you with a better understanding as well as the knowledge to assist in a crisis and provide initial support. MHFA training is associated with improved knowledge of mental illness, treatments available and appropriate first response strategies in providing first aid and support to individuals experiencing mental health challenges or crises.

### Mental Health topics covered in the course include:

- Depression
- Anxiety
- Psychosis
- Substance use problems

### Mental Health crises covered include:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours



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# ESSENTIAL TRAINING

## DELIVERY INFORMATION

**Training Location:** Unit 2, Wellington Fair, 40 Lord Street, East Perth WA 6004

**Onsite Delivery:** We can come to you! For groups of 10 or more, we can arrange course delivery at approved sites within the Perth metropolitan area and in some regional areas throughout WA.

**Contact us to discuss workplace training requirements and availability.**

## COURSE DURATION & STRUCTURE

The ideal delivery for this program is face-to-face, and is a 14-hour course which is usually delivered over a 2-day training package (7 hours per day), or can be broken down into 4 separate modules of 3.5 hours each (delivered over 4 separate days).

There is also a blended delivery option available for this course that includes an extensive online self-paced eLearning component followed by 3 x face-to-face (or virtual/videoconferencing) practical sessions of 2.5 hours each.

## COURSE OUTCOMES AND CERTIFICATION:

On successful completion of this course, candidates will receive a certificate of completion in addition to the knowledge and skills gained.

There is no formal assessment required to complete the training course, however, candidates may wish to extend their certification by becoming an **\*Accredited Mental Health First Aider** by completing an online assessment (which takes approximately 15-20 minutes) after course completion to become accredited by Mental Health First Aid Australia.

After attending the 2-day training course (or completing the blended course option), delivered by an accredited Mental Health First Aid® Australia (MHFA™) Instructor, participants have the option to complete the MHFAider accreditation assessment.

The assessment is completed online. If the participant passes the assessment, they will receive a digital certificate and will become recognised as an accredited MHFAider™.

The accreditation lasts for 3 years, after which a refresher course may be completed to maintain currency.

## ENTRY REQUIREMENTS

Essential Training has identified that clients will need to meet the following entry requirements prior to course commencement:

- be at least eighteen (18) years of age at the time of enrolment
- have suitable English language proficiency and Language, Literacy, and Numeracy (LLN) skills at least to the level of Year 10 or equivalent.

## COURSE FEES

**Group Discounts/Group training options available!**

**Please contact us for individual enrolment and group pricing options.**



Further information relating to course policies, procedures, RTO obligations and fees are detailed in our Student Handbook which can be found at: [www.et.wa.edu.au](http://www.et.wa.edu.au)

To book your training program with us, or for further assistance, please contact [training@et.wa.edu.au](mailto:training@et.wa.edu.au) or visit our website: [www.et.wa.edu.au](http://www.et.wa.edu.au)