



**MENTAL
HEALTH
FIRST AID**



**SOUTH EASTERN SYDNEY
ILLAWARRA
NSW HEALTH**

Youth Mental Health First Aid

FREE for families and friends of young people with mental illness

Youth Mental Health First Aid teaches adults how to provide initial support to young people experiencing a mental health crisis or developing a mental illness.

Course content includes -
Crisis situations such as:

- Suicidal behaviours
- Self-harm
- Acute stress reaction
- Panic attacks
- Acute psychotic behaviour

Mental health problems such as:

- Depression
- Anxiety disorders
- Psychosis
- Substance use disorders
- Eating disorders

Participants will learn the signs and symptoms of these mental illnesses, where and how to get help and what sort of help has been shown by research to be effective.

When: 9.30am – 5.00pm

29 April and 6 May 2010

Attendance both days is required

Where: Nowra

Cost: FREE for relatives and friends of young people with mental illness

Spaces are limited!

**For more information or to register contact
Marisa Renwick (02) 4285 0155
marisar@carersnsw.asn.au**

"Mental health problems frequently first arise in adolescence and young adulthood. Young people have poorer knowledge about mental health and how to get professional help. They are particularly likely to initially need support from adults to get appropriate help"

"My daughter was praising my changes in attitude since I completed the course which she has found really wonderful in that it helps her a lot. I enjoyed your course so much and learnt an enormous amount about mental illnesses"

Participants each receive a **free** copy
of the Youth Mental Health First Aid Manual



Mental Health Program NSW