



TRAINING

YOUTH MENTAL HEALTH FIRST AID

PRESENTED BY: JUDY BEVEN

Judy Beven is an accredited Mental Health First Aid and Standard Youth Teen trainer and Principal Master Instructor. Judy brings extensive knowledge of YMHA along with the experience of many years in education and training forums. Judy was the principle trainer for the CLAN WA professional Resilience and MHFA workshops and is a major contract facilitator for Brain Ambulance Pty.

Date: 14th & 15th September 2016

Cost: \$440 per person (incl. GST)

Time: 9:00am - 4:30pm

Location: 23 Adelaide Terrace, East Perth

Course Overview

This 2 day (14 hour) course teaches adults how to assist adolescents who are developing a mental health problem or in a mental health crisis. Course participants learn about adolescent development, the signs and symptoms of the common and disabling mental health problems in young people, where and how to get help when a young person is developing a mental illness, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

Who is this course suitable for?

Any interested adult can attend, though this course is not for adolescents to attend. This course is also not a therapy or support group, rather it is an education course to learn how to give first aid to others. Suitable for parents, teachers, sports coaches, and youth workers.

By the end of this workshop, participants will be able to:

Participants will learn about adolescent development and the signs and symptoms of mental health problems, how and where to get help and what sort of help has been shown by research to be effective.

If you wish to attend please complete a registration form.

To register contact

9263 2122

or email rto@anglicarewa.org.au

  anglicarewa.org.au/training-services



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