



Training,
Processes &
Strategies

Youth Mental Health First Aid

A 14 hour course developed by Orygen Research to improve the Mental Health Literacy of the community.

Mental Health First Aid is the initial help given to someone experiencing a mental health problem before professional health is sought.

Coming in May, 2007

Course Format and Content:

This is a 14hour course which has been designed specifically to address Youth Mental Health Issues The delivery format is flexible.

In addition to increasing the mental health literacy of individuals and communities, the content covered focuses on helping young people in mental health crisis situations and/or in the early stages of mental health problems.

Topics covered will include:

What are adolescent mental health problems?

What is mental health first aid?

- Adolescent depression (*symptoms, causes, how to give first aid to an adolescent with depression*).
- Adolescent anxiety disorders (*symptoms, causes, how to give first aid to an adolescent with troublesome anxiety*).
- Adolescent psychosis (*symptoms, causes, how to give first aid to an adolescent with psychosis*).
- Adolescent drug & alcohol (symptoms, causes, how to give first aid to an adolescent with drug & alcohol problems)
- Adolescent deliberate self harm (symptoms, causes, how to give first aid to an adolescent with deliberate self harm).
- Adolescent eating disorders (symptoms, causes, how to give first aid to an adolescent with eating disorders).

RICO Training,
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Minimum group size 10. Maximum group size 24.