

 **MiND HEAD**  
**YOUR** australia  
the youth wellbeing project



**teen mental health first aid**



# The teen Mental Health First Aid (tMHFA) 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.

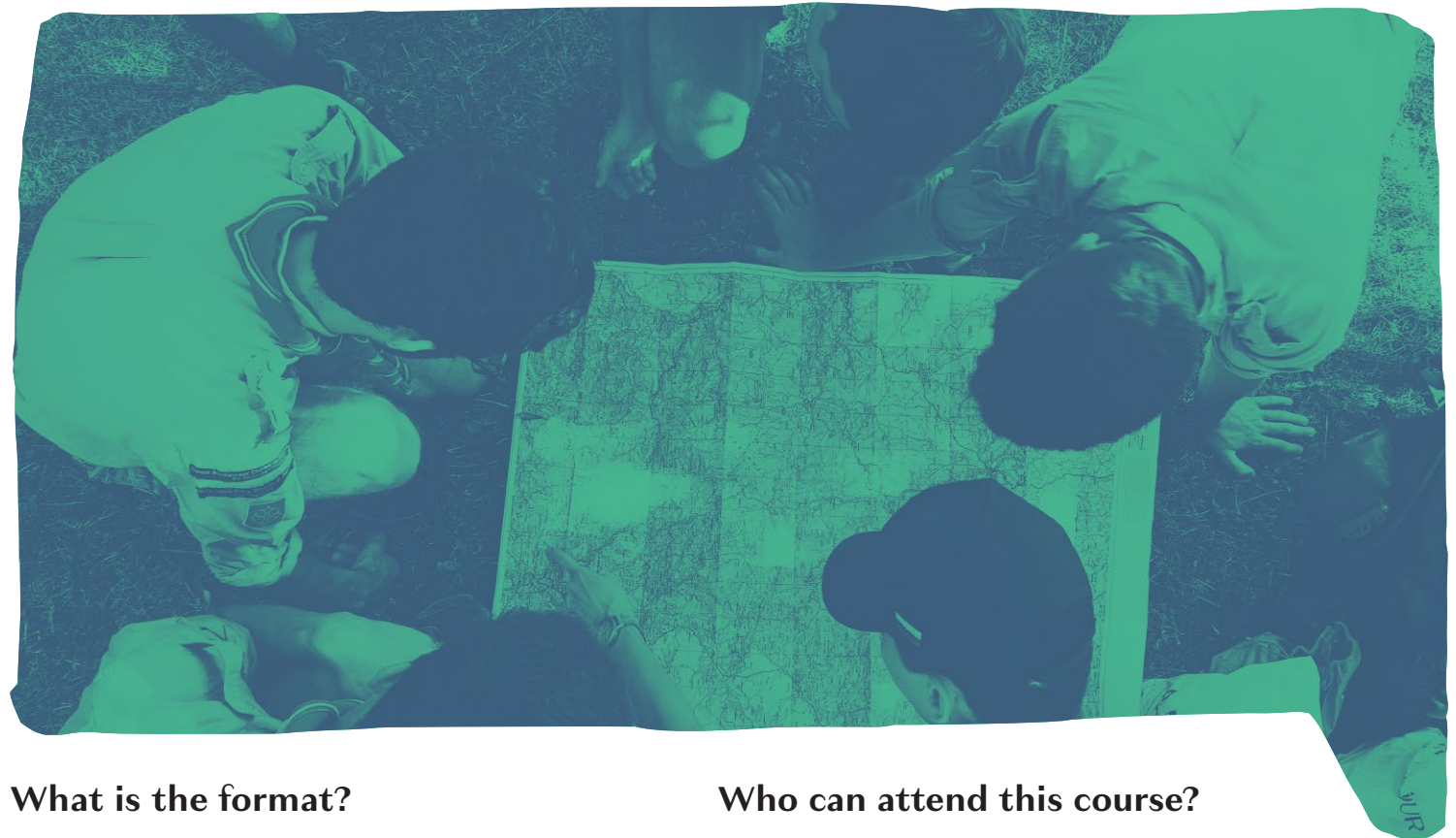
## Mental problems covered

- Anxiety and depression
- Eating disorders
- Alcohol and other drug disorders
- Psychosis

## Mental health crises covered

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Intoxication
- Bullying and abuse.

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



## What is the format?

This course is taught over 3 x 60mins (years 7-9) or 3 x 75mins (years 10-12) classroom sessions. The course can only be delivered in settings where adults have been trained in Youth MHFA.

## Why attend a tMHFA course?

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

## 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.

## How do I sign up?

Contact us by email [info@myhaustralia.com.au](mailto:info@myhaustralia.com.au) Or phone Jo **0480 179 218** or Anne **0480 179 905**

Visit us at [www.mindyourheadaustralia.com.au](http://www.mindyourheadaustralia.com.au)