Department of Education

Youth Mental Health First Aid 2026 2 days - Bunbury

Event date range

9 December 2026 to 10 December 2026 (08:30 AM to 04:00 PM)

Event details

2-day Youth Mental Health First Aid Workshop

Attendance from 8:30am to 4:00pm on both days is required for accreditation.

Time: 8:30am - 4.00pm
Venue: Bunbury Tower
Address: Level 10, 61 Victoria Street, Bunbury WA 6230

The course teaches adults how to assist adolescents (aged between 12 and 18 years) who may be developing a mental illness, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received or the crisis resolves. Course participants learn about adolescent development, the signs and symptoms of the common mental health, 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.

Mental Health issues covered include:

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

Mental Health crisis situations covered include:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury (sometimes called deliberate self-harm)

This workshop is provided at no cost with a light lunch and resources. Please indicate dietary allergies on PLIS during the registration process.

General enquiries email: youthmentalhealthfirstaid@education.wa.edu.au

Landing page

Staff URL: ?EventID=74383

Public URL: public.aspx?EventID=74383

Additional information

None

Last registration date

2/12/2026

Event registration cost per person

NIL

Event Contact

ELIZABETH STUDER
Phone: 94026241
Email: youthmentalhealthfirstaid@education.wa.edu.au

Venue address

Google maps cannot be reached at this moment.
61 Victoria Street, Bunbury WA 6230

Audience

School Leaders
Teachers
ABORIGINAL AND ISLANDER EDUCATION OFFICER (AIEO)

Session details

Youth Mental Health First Aid (Day 1)

9/12/2026 8:30:00 AM to 9/12/2026 4:00:00 PM - Cost: $0.00
Mandatory: Yes
Venue: Please see address at event details
Location: Conference Room A (Level 10)
Course/Program delivered: Mental Health First Aid
Module delivered: Youth Mental Health First Aid (Day 1) - Version: 1

Professional Standards:
- AITSL Professional Standard for Principals
- AITSL Professional Standards for Teachers
- Competency Framework for School Psychologists
- Competency Framework For Education Assistants (Special Needs)
- Aboriginal Cultural Standards Framework
- AITSL Charter for Professional Learning

Required equipment: None

Session description:

Day 1 - Youth Mental Health First Aid

The 14-hour Youth Mental Health First Aid Workshop is for adults working or living with adolescents (those aged between approximately 12 and 18 years).

Research has found this course to be effective. Specifically, a study found that participants who complete the course have improved knowledge of mental illnesses and their treatments, knowledge of appropriate first aid strategies, and confidence in providing mental health first aid, as well as reduced stigma.

Mental Health issues covered include:

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

Mental Health crisis situations covered include:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury (sometimes called deliberate self-harm)

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Session presenter/s: Miss KATHRYN SHACKLETON

Youth Mental Health First Aid (Day 2)

10/12/2026 8:30:00 AM to 10/12/2026 4:00:00 PM - Cost: $0.00

Mandatory: Yes

Venue: Please see address at event details

Location: Conference Room A (Level 10)

Course/Program delivered: Mental Health First Aid

Module delivered: Youth Mental Health First Aid (Day 2) - Version: 1

Professional Standards:

- AITSL Professional Standard for Principals
- AITSL Professional Standards for Teachers
- Competency Framework for School Psychologists
- Competency Framework For Education Assistants (Special Needs)
- AITSL Charter for Professional Learning

Required equipment: None

Session description:

Day 2 - Youth Mental Health First Aid

The 14-hour Youth Mental Health First Aid Workshop is for adults working or living with adolescents (those aged between approximately 12 and 18 years).

Research has found this course to be effective. Specifically, a study found that participants who complete the course have improved knowledge of mental illnesses and their treatments, knowledge of appropriate first aid strategies, and confidence in providing mental health first aid, as well as reduced stigma.

Mental Health issues covered are:

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

Mental Health crisis situations covered include:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury (sometimes called deliberate self-harm)

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Session presenter/s: Miss KATHRYN SHACKLETON

Presenter details

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Youth Mental Health First Aid (Day 1) - 9/12/2026 8:30:00 AM to 9/12/2026 4:00:00 PM

Session presenter/s: Miss KATHRYN SHACKLETON

Youth Mental Health First Aid (Day 2) - 10/12/2026 8:30:00 AM to 10/12/2026 4:00:00 PM