Department of Education

BLENDED Youth Mental Health First Aid 1-day - Padbury

Event date range

12 February 2027 (08:30 AM to 04:00 PM)

Event details

BLENDED Youth Mental Health First Aid 1- day face to face

This course consists of 5-7 hours of self paces e-learning followed by a 1-day face to face workshop. Unon confirmation of registration, registrants will receive an email from MHFA Australia providing access to the e-learning component.

Time: 8.30am to 4:00pm
Registration: 8:15am
Venue: Statewide Services - 33 Giles Avenue, Padbury
Room: Conference Room 2
Pre-requisites: Completion of 5-7 hours self-paced e-learning
Catering: Morning tea and a light lunch. Please indicate dietary allergies on PLIS during the registration process for catering purposes.
Cost: Nil. Resources will be provided on the day
Accreditation: Successful completion of a short assessment - valid for 3 years

The Youth Mental Health First Aid course teaches participants how to provide initial support to a young person who may be experiencing a mental health problem or mental health crisis, until professional help is received, or the crisis resolves.

Learning Outcomes

Upon completion of this course participants will be able to:-

- recognise the signs and symptoms of mental health problems in young people
- use an evidence-based action plan to initiate a mental health first aid conversation
- assess for a range of crisis situations and provide initial support
- understand the prevalence and impact of mental illnesses, risk factors and treatments and supports available
- distinguish between normal and expected changes during adolescence and development of mental health problems
- apply self-care practices as a Mental Health First Aider

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

Landing page

Staff URL: ?EventID=75081

Public URL: public.aspx?EventID=75081

Additional information

None

Last registration date

29/01/2027

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.

33 Giles Ave, Padbury WA 6025

Audience

School Leaders

Teachers

Session details

BLENDED Youth Mental Health First Aid 1-day Course -Padbury

12/02/2027 8:30:00 AM to 12/02/2027 4:00:00 PM - Cost: $0.00

Mandatory: No

Venue: Please see address at event details

Location: Birak - Conference Room 2

Course/Program delivered: Mental Health First Aid

Module delivered: BLENDED Youth Mental Health First Aid - Version: 1

Professional Standards:

- AITSL Professional Standard for Principals
- AITSL Professional Standards for Teachers
- Competency Framework for School Psychologists
- Aboriginal Cultural Standards Framework

- AITSL Charter for Professional Learning

Required equipment: None

Session description:

Day 1 - Youth Mental Health First Aid

The Youth Mental Health First Aid course teaches participants how to provide initial support to a young person who may be experiencing a mental health problem or mental health crisis, until professional help is received, or the crisis resolves.

Course participants learn about the signs and symptoms of common mental health problems in adolescents, how to recognise and respond to an emerging or worsening mental health problem, and the treatments and supports available.

Participants also learn how to offer initial support and information and how to help a young person to seek professional help or other supports.

Course Content

This course covers common mental health problems and crisis situations across a range of situations, including:

- depression
- anxiety
- eating disorders
- substance use problems
- suicidal thoughts and behaviours
- non suicidal self-injury

Accreditation

Successful completion of a short assessment - valid for 3 years.

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Session presenter/s: No presenter/s defined for this session

Presenter details

No presenter/s defined for this session

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