Department of Education

BLENDED Youth Mental Health First Aid 1-day - Beaconsfield

Event date range

26 November 2027 (08:45 AM to 04:15 PM)

Event details

BLENDED Youth Mental Health First Aid 1- day

Attendance throughout the day from 8:45am to 4:15pm (face to face workshop) is required.
Upon confirmation of registration, registrants will receive an email from MHFA Australia providing access to the e-learning component.

Time: 8.30am registration for a 8.45am start
Venue: SMERO - 184 Hampton Road, Beaconsfield
Room: Conference Room
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 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=75175
Public URL: public.aspx?EventID=75175

Additional information
None

Last registration date
12/11/2027

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.
184 Hampton Road, BEACONSFIELD WA 6162

Audience
School Leaders
Teachers

Session details

BLENDED Youth Mental Health First Aid 1-day Course - Beaconsfield
26/11/2027 8:45:00 AM to 26/11/2027 4:15:00 PM - Cost: $0.00
Mandatory: No
Venue: Please see address at event details
Location: Conference Room 1
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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