



# Youth Mental Health FIRST AID

**17 & 24 May 2016**

**AISWA** 41 Walters Drive, Osborne Park

Suite 5 Seminar Room (First Floor)

8.15am (for 8.30am start) – 4.30pm

(Morning tea and lunch included)

**AISWA & AISWA Catholic Members: \$150.00**

**PARTICIPANTS MUST ATTEND BOTH DAYS**

Accredited to deliver MHFA  
Courses by MHFA Australia



**This 14 hour course teaches adults how to assist adolescents who are experiencing a mental health crisis or developing a mental health problem.**

The course is suitable for adults working with adolescents (those aged between 12 and 18 years), however, it can also be relevant for those helping people who are a little younger or older.

### Course Content

Participants will learn about adolescent development and the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

### Mental health crises covered:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours.

### Developing mental health problems covered:

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

**Want to know more? [www.mhfa.com.au](http://www.mhfa.com.au)**

**NOTE: Participants who do not complete the full 14 hours will not receive a Certificate of Completion.**

For further information please contact Paul Russell on 9441 1674 or [prussell@ais.wa.edu.au](mailto:prussell@ais.wa.edu.au)

**Register online (see below) by 10 May 2016**



### REGISTRATION DETAILS

Please view our website at [www.ais.wa.edu.au](http://www.ais.wa.edu.au)

Click on "Login" OR "Non Members" tab

Choose your "Account" (Head of School/Teacher/Authorised user)

Enter your email address & password

Skip the above two steps if you are a non-member.

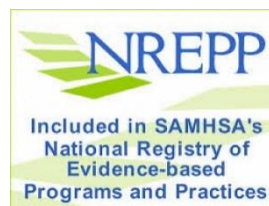
Click PL Calendar on the right-hand side then choose the month and scroll through list. Click the "register" tab

**You will receive an email confirmation if you have registered correctly.**



### PLEASE SIGN THE ATTENDANCE SHEET

We rely on your signature to be able to credit you with PL Hours, and failure to sign in may result in you being billed for non-attendance and your PL Hours being removed.



### CANCELLATION POLICY

Please email Sue Mulholland [smulholland@ais.wa.edu.au](mailto:smulholland@ais.wa.edu.au) 2 working days prior for all cancellations. Failure to do so will result in a non-attendance or late cancellation fee charged to your school. Where there is no fee, your school will be billed for costs incurred by AISWA (catering, etc).