



WANT TO LEARN HOW to assist young people experiencing mental health problems?

A Youth Mental Health First Aid Course is now available

Youth Mental Health First Aid is a 14-hour course which teaches first aid skills for mental health crisis situations and the early stages of mental health problems. Mental Health First Aid is the initial help given to someone experiencing a mental health problem before professional help is sought. Participants will learn the signs & symptoms of common youth mental health problems, where & how to get help & what sort of help has been shown by research to be effective.

Where: Wyong and Gosford

When: February - November 2010

8.45am - 4.30pm

Register: 4320 3170

Cost: \$35pp–Business/Govt/Community
\$25pp–NSCCH/NGO
\$10pp–Carers

For more information on
dates and venue for the
courses or to book contact
4320 3170

