



The 14-hour Youth Mental Health First Aid course teaches any adult (18 years and over) how to provide initial support to adolescents experiencing a mental health problem or crisis.

Learn about the signs and symptoms of common mental health problems in young people, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

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| YOUTH MHFA | <input type="checkbox"/> | Wednesday 23rd & Thursday 24th March 2022 | Time: 0900 - 1700 |
| Venue: Orbost Exhibition Building | | | |
| Trybooking Link - https://www.trybooking.com/BVUVF | | | |
| YOUTH MHFA | <input type="checkbox"/> | Wednesday 30th & Thursday 31st March 2022 | Time: 0900 - 1700 |
| Venue: Mallacoota Community Club Rooms | | | |
| Trybooking Link - https://www.trybooking.com/BVUVI | | | |
| YOUTH MHFA | <input type="checkbox"/> | Wednesday 27th & Thursday 28th April 2022 | Time: 0900 - 1700 |
| Venue: The Hub – Bairnsdale | | | |
| Trybooking Link - https://www.trybooking.com/BVUVJ | | | |
| YOUTH MHFA | <input type="checkbox"/> | Monday 9th & Tuesday 10th May 2022 | Time: 0900 - 1700 |
| Venue: Latrobe Community Mental Health Services | | | |
| Trybooking Link - https://www.trybooking.com/BVUVL | | | |
| YOUTH MHFA | <input type="checkbox"/> | Wednesday 25th & Thursday 26th May 2022 | Time: 0900 - 1700 |
| Venue: Sale Community Services – Lecture room | | | |
| Trybooking Link - https://www.trybooking.com/BVUVN | | | |

Venues address:

Orbost Exhibition Building – 10 – 12 Clarke Street, Orbost

Mallacoota Community Club Rooms – Mallacoota

The Hub – 27 Dalmahoy Street, Bairnsdale

Latrobe Community Mental Health Service – 20 Washington Street, Traralgon

Sale Community Services – Palmerston Street, Sale

- *Cancellations with less than 7 days notice prior to commencement will incur full course cost, LRH staff will also be charged full course cost if cancellations are made during this time.*
- *You are required to attend the full 12 or 14 hours in order to obtain a certificate of completion.*

Note: The information provided in MHFA courses is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.