

# YOUTH ABORIGINAL

## MENTAL HEALTH FIRST AID

This program equips us to support young people (aged 12-30) facing mental health challenges or crises until they can access professional help.

Suitable for Aboriginal and non Aboriginal people

**LIMITED  
PLACES**

### OVERVIEW

#### DATES

9/04/2026 & 10/04/2026

#### DURATION

14-hour course, 2 days.

#### VENUE

TBA  
Geraldton, WA

#### INVESTMENT:

\$450 per person. Includes resources and light refreshments

*Please bring your own lunch (kitchen available)*

#### WHO IS IT FOR?

Anyone 18+ working with or supporting Aboriginal YOUTH, Aboriginal and non Aboriginal people

- Supervisors and co-workers
- First aid officers
- Teachers
- Social workers
- Front line workers
- Counsellors
- Medical professions & staff
- Job Network consultants
- Police
- Justice & Corrective Services staff
- Community members
- Support workers

Complete the two days and gain the knowledge, confidence, and skills to provide crucial mental health information and support. Equip yourself to make a difference when it matters most.

**As a Youth Aboriginal Mental health first aider you will be able to:**

- **Intervene early** (recognise the warning signs)
- **Respond in a crisis** (across a range of crisis situations when the youth maybe at risk)
- **Offer support** (gain skills for a supportive conversation)
- **Reduce stigma** (support young people experiencing and living with mental health problems).

**All in a Culturally appropriate and effective manner.**

- **Mental health problems in community**
- **Communicating with Young People**
- **Depression and Anxiety**
- **Self-harming behaviours and young people**
- **Non-suicidal self-injury**
- **Substance misuse**

#### Optional sessions;

- Gambling
- Eating disorders

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