

Professional Development and Training Workshops



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YouthWorX NT is an accredited Instructor for
Youth Mental Health First Aid.

Scheduled courses

Alice Springs: Tuesday, 24 – Wednesday, 25 March
Darwin: Tuesday, 30 – Wednesday, 31 March

What is Mental Health First Aid?

First Aid is the help given to an injured person before medical treatment can be obtained. Mental Health First Aid is the help given to someone developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

Youth Mental Health Problems

Mental health problems frequently first arise in adolescence and young adulthood. Young people have poorer knowledge about mental health and how to get professional help. They are particularly likely to initially need support from adults to get appropriate help.

What is Youth Mental Health First Aid?

To address this need, a specialist Youth Mental Health First Aid program has been developed.

This program commenced in 2007 and is designed to train adults to assist young people in mental health crisis situations and/or in the early stages of mental health problems.

Course Content

The course covers the following crisis situations and mental health problems.

Crisis situations covered are:

- *Suicidal behaviours*
- *Non-Suicidal Self-harm*
- *Acute stress reaction*
- *Panic attacks*
- *Acute psychotic behaviour*

Mental health problems covered are:

- *Depression*
- *Anxiety disorders*
- *Psychosis*
- *Substance use disorders*
- *Eating disorders*

Participants will learn 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. This course teaches adults how to provide initial support to young people experiencing mental health problems.