



# JUNAYA

Family Development  
Services



## This is a **FREE** Course for Parents & Carers

### Topics include :

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

### Who:

The 14-hour Youth Mental Health First Aid Course teaches Parents / Carers (18 years & over) how to provide initial support to adolescents (12 years+) who are developing a mental illness or experiencing a mental health crisis.

**When:** During School Terms

**Duration:** 3 hours x 4 weeks  
One session per week

**Where:** To Be Advised on registration.

**Who:** Parents and Carers  
With children 12 y.o. and over.

- ▶ **Mental Health First Aid** is the help provided to a person who is developing a mental health problem, or who is in a mental health crisis (e.g. the person is suicidal or has had a traumatic experience).
- ▶ Like physical first aid, mental health first aid is given until the person receives professional help or until the crisis resolves.
- ▶ MHFA Strategies are taught in evidence based training courses authored by Mental Health First Aid Australia & delivered by accredited MHFA instructors across the country.
- ▶ JFDS offers MHFA Courses as authored by MHFA Australia & delivered by accredited MHFA instructors.

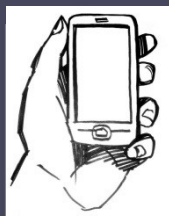


# Youth Mental Health First Aid

**BOOKINGS ESSENTIAL**

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