

# YOUTH MENTAL HEALTH FIRST AID

Learn skills and gain confidence to support young people experiencing mental health problems with licensed instructors Mel and Nick from SWAN.

Mental illnesses often start in adolescence or early adulthood and it is important to detect problems early to ensure the young person is properly treated and supported. The YMHFA course teaches adults who have frequent contact with adolescents, such as parents, guardians, school staff, sport coaches and youth workers, how to assist adolescents who are developing a mental health problem, experiencing a worsening of a mental health problem, or are in a mental health crisis.



**When:** 9.00am-5.00pm  
Wednesdays 6th & 13th May 2026

**Where:** The People Place, 19-21 Kent St, Busselton

**Cost:** \$220  
includes resources, catering, GST and \$22 Learner Access Pass with MHFAider Champions Hub access from mid-2026.

**RSVP:** [info@swanautism.org.au](mailto:info@swanautism.org.au)  
or 0499 819 038

## COURSE INFORMATION:

- 14-hour (2 day) Youth Mental Health First Aid (YMHFA) course.
- Participants will learn about adolescent development and the signs and symptoms of mental health problems, how and where to get help, and what sort of help has been shown by research to be effective.
- Course topics cover: developing mental health problems, depression, anxiety problems, psychosis, eating disorders and substance use problems, as well as suicide and other mental health crises.
- Participants receive a copy of the Youth MHFA Manual 4th Edition.
- Participants are eligible to become an accredited Mental Health First Aider by completing a short, open-book online test.