



**Mental
Health
First Aid**
Aotearoa

Youth Mental Health First Aid Aotearoa

About 1 in 3 young New Zealanders will experience a mental health challenge.

This means that at some stage, everyone will have close contact with a young person experiencing a mental health challenge.

Would you know how to respond?

The Youth Mental Health First Aid course will provide you with the skills and confidence to assist young people (aged 11 to 18) who may be experiencing a mental health challenge or mental health crisis, until the crisis resolves or professional help is accessed, using a practical evidence-based action plan.

This course is based on guidelines developed through the expert knowledge and experience of people with lived experience of mental health challenges and clinical professionals.

Mental health challenges covered

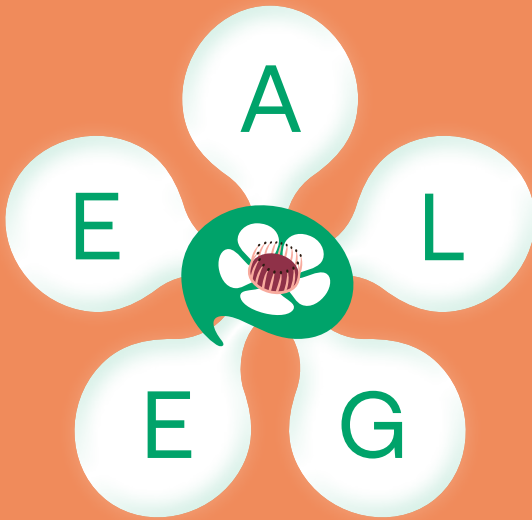
- › Depression
- › Anxiety
- › Eating disorders
- › Psychosis
- › Problematic substance use

Mental health crises covered

- › Suicidal thoughts and behaviours
- › Non-suicidal self-injury
- › Panic attacks
- › Traumatic events
- › Severe psychosis
- › Severe effects from alcohol or other substance use
- › Aggressive behaviours



During this workshop, you will learn the ALGEE five-step action plan:



A pproach, assess and assist any crisis

L isten and communicate non judgementally

G ive support and information

E ncourage professional help

E ncourage other supports

What is the course format?

This is a 14-hour course which is usually delivered in person over two days or as four 3.5-hour in-person modules.

Why attend a Youth Mental Health First Aid course?

Evaluations consistently show that Mental Health First Aid training improves understanding of the mental health challenges young people experience, their options for treatments and helpful first aid strategies. Participants report increased confidence in their ability to offer Mental Health First Aid which enables early access to help. The training also decreases stigma and discrimination that people with mental health challenges and addiction issues experience.

Who can attend this course?

This course is for adults over the age of 18 who want to know how to support young people who may be experiencing a mental health challenge.

The course is not appropriate for people under 18 to attend.

Note: This course is not a therapy or a support group.

For more information visit www.mentalhealthfirstaid.nz

