



**WANT TO LEARN HOW**  
To assist young people  
experiencing mental health problems?

## Attend a 14-hour Youth Mental Health First Aid (MHFA) Course

This course teaches first aid skills for adult members of the public to give initial help to adolescents experiencing mental health problems, in a mental health crisis situation, or in the early stages of a mental illness.

**Where:** Benedict Building, Mater Dei College

**When:** Tuesday 21 February to Tuesday 14 March 2017 (4 consecutive Tuesdays)

**Time:** 5.30pm

**Instructor:** Sally Stott

**Cost:** \$50 (To be paid to Reception prior to commencement of the course)

**LIMITED SPACES AVAILABLE!!!**

To confirm your place, please email Sally Stott on [sally.stott@mdc.wa.edu.au](mailto:sally.stott@mdc.wa.edu.au)

For further information about  
Mental Health First Aid  
Australia, please visit our  
website at: [www.mhfa.com.au](http://www.mhfa.com.au)

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• Suicidal Thoughts & Behaviours • Non-Suicidal Self-injury • Panic Attacks • Aggression •