



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: Wednesday 29th August to Wednesday 19th September 2018 (4 consecutive Wednesdays)

Time: 5.30pm – 9.00pm

Instructor: Maddie Guggisberg

Cost: \$50 To be paid through the online shop on our website www.mdc.wa.edu.au

LIMITED SPACES AVAILABLE!!!

To confirm your place, please email Maddie Guggisberg on maddie.guggisberg@mdc.wa.edu.au by August 19th.

For further information about
Mental Health First Aid
Australia, please visit our
website at: www.mhfa.com.au

www.mhfa.com.au

• Depression • Anxiety Problems • Psychosis • Substance Use Problems • Eating Disorders • Adolescent Development •
• Suicidal Thoughts & Behaviours • Non-Suicidal Self-injury • Panic Attacks • Aggression •