



14-hour Course Outline

Day One	
<p>SESSION ONE (3.5 hours)</p> <ul style="list-style-type: none">+ Youth Mental Health First Aid+ Adolescent development+ Common youth mental disorders+ The MHFA action plan+ Communicating with young people+ Professionals who can help young people	<p>SESSION TWO (3.5 hours)</p> <ul style="list-style-type: none">+ Depression in young people+ The MHFA action plan for depression+ Crisis first aid for suicidal thoughts and behaviours+ Crisis first aid for non-suicidal self-injury+ Anxiety in young people+ Types of anxiety disorders
Day Two	
<p>SESSION THREE (3.5 hours)</p> <ul style="list-style-type: none">+ The MHFA action plan for anxiety+ Crisis first aid for panic attacks+ Crisis first aid for traumatic events+ Eating disorders in young people+ Types of eating disorders+ The MHFA action plan for eating disorders+ Crisis first aid for medical emergencies	<p>SESSION FOUR (3.5 hours)</p> <ul style="list-style-type: none">+ Psychosis in young people+ The MHFA action plan for psychotic disorders+ Crisis first aid for severe psychotic states+ Crisis first aid for aggressive behaviour+ Substance misuse in young people+ The MHFA action plan for substance misuse+ Crisis first aid for intoxication+ Crisis first aid for medical emergencies+ Concluding activities