



## 14-hour Course Outline

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