



Rainbow Youth Mental Health First Aid

The Mental Health Coach is delivering accredited Mental Health First Aid training to young LGBTQIA+ people across Victoria.

About the program

This specialised program highlights the unique mental health support needs and experiences of young, LGBTQIA+ people to better equip community-based peers with evidence-based skills and knowledge to spot the signs, have important conversations and support their peers to access critical mental health services. It also includes 6-months of post-program mentoring from The Mental Health Coach.

Learn how to assist adolescents who are developing a mental illness, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received or the crisis resolves, using a practical evidence-based action plan.

The Youth Mental Health First Aid course is for young people who identify as LGBTQIA+ or people working with young LGTBQIA+ people, such as youth workers, community group leaders, staff, mentors, etc.

This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and by professionals.

What you'll learn

Learn about adolescent development, the signs and symptoms of the common and disabling mental health problems in young people, where and how to get help when a young person is developing a mental illness, what sort of help has been shown by research to be effective, and how to provide first aid in crisis situations.

Developing mental health issues covered

- Depression and anxiety
- Psychosis
- Substance use problems
- Eating disorders

Mental health crises covered

- Suicidal thoughts and behaviours
- Non-suicidal self-injury and self-harm
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects of alcohol or other drug use
- Aggressive behaviours.

Details

Course dates and locations will be announced soon. Visit the website or scan the QR code to register your interest, and we'll be in touch with all the details.

This program is focussed on supporting the mental health of young people, 18-25 years old. To be eligible, you need to be one of the following:

- A young person between 18 and 25 who identifies as part of the LGBTQIA+ community (or questioning if you might be).
- Be connected to a person like those described above. For example, you might be a friend or family member, an ally, or someone who works with young LGBTQIA+ people as part of their job (such as a youth worker, counsellor, community group leader, school teacher or something else).

If you aren't quite sure you're eligible, please apply anyway and we'll get in touch with you to work it out.

This 14-hour course is run over a 2 day program – people from across Victoria with varied abilities are encouraged to express their interest. For dates and to make an expression of interest, visit thementalhealthcoach.com.au/rainbow-mhfa

For more information, please contact Nick at nick@thementalhealthcoach.com.au or call 0410 582 747 or 1300 302 462.



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