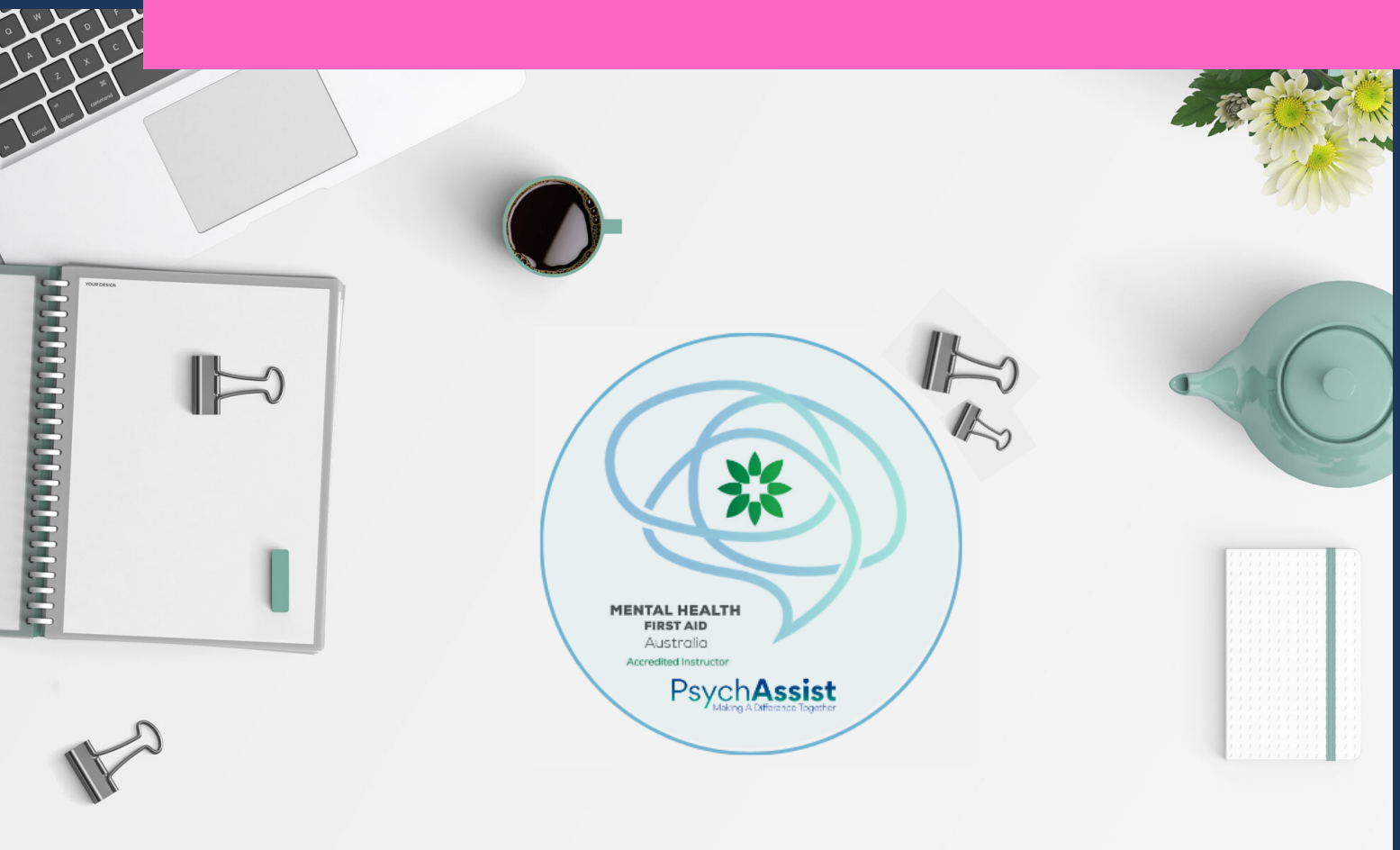




YOUTH MENTAL HEALTH FIRST AID QUICK REFERENCE GUIDE



ROLE OF A **YOUTH** MENTAL HEALTH FIRST AIDER

Congratulations

on completing your **YOUTH** Mental Health First Aid Training
with **PsychAssist** and becoming a certified
Youth Mental Health First Aider

This quick reference guide is for Youth Mental Health First Aiders and will outline what to expect from this role, a quick overhaul of how to assist an adolescent who may be experiencing a mental health problem and how **PsychAssist** can support you now and in the near future.



Thank you for becoming part of our community



ROLE OF A YOUTH MENTAL HEALTH FIRST AIDER

It's important to remember that the Youth Mental Health First Aider Training you have just undertaken does not teach you or others how to be therapists or counsellors and also does not teach people how to diagnose mental health conditions.

Instead, your role is to act as a point of contact and reassurance for a person who may be experiencing a mental health issue or emotional distress.

Maintaining appropriate boundaries is a key part of successfully providing Mental Health First Aid and keeping yourself safe and well.



NOW THAT YOU HAVE BECOME A **YOUTH** MENTAL HEALTH FIRST AIDER



YOUR RESPONSIBILITIES

Youth Mental Health First Aiders can have a positive impact on adolescents that can steam through to their family, friends and greater community.

CARRYING OUT YOUR ROLE RESPONSIBLY INVOLVES THE FOLLOWING:

- Keeping yourself safe and well – for more information refer to your MHFA course manual
- If you are in a school/education/sporting club/community group environment following the policies and procedures and duty of care within that sector and also how MHFA is implemented in that space
- Communicating any concerns about the mental health and wellbeing of adolescents to an appropriate service (within the guidelines of the environment you are a part of)
- Refreshing your skills every three years on an MHFA Refresher course

YOU CAN

- Understand the important factors affecting mental ill health
- Identify the signs and symptoms for a range of mental health conditions
- Use **ALGEE** to provide Youth Mental Health First Aid to someone experiencing a mental health issue or crisis
- Listen non-judgementally and hold supportive conversations using the Youth Mental Health First Aid action plan
- Refer people to professional help, recognising that your role as a Youth Mental Health First Aider does not replace the need for ongoing support



Mental Health First Aid action plan

A L G E E

A

Approach the person, assess and assist with any crisis

L

Listen and communicate non judgementally

G

Give support and Information

E

Encourage the person the person to get the appropriate professional help

E

Encourage other support



**MENTAL
HEALTH
FIRST AID**
Australia



SIGNS AND SYMPTOMS OF POOR MENTAL HEALTH



Behavioural signs could include:

- Not getting things done
- Excessive fear or worry
- Indecisiveness
- Loss of confidence
- Erratic behaviour
- Withdrawing from others
- Avoidance
- Isolation
- Reduced participation in activities
- Dishevelled appearance
- Conflict with peers, family or friends



Physical signs could include:

- Tired all the time
- Moving more slowly or appearing agitated
- Persistent muscle aches and pains
- Sick and run down
- Headaches
- Changes in sleep patterns
- Weight loss or gain
- Gastro-intestinal problems
- Inability to concentrate
- Difficulty with memory



SIGNS OF POOR MENTAL HEALTH VIA REMOTE SCHOOLING



Behavioural signs could include: (on video chat)

- **Physical cues** - The types of things to look for might be subtle. Are they participating on the Zoom catch up? Are you noticing a difference in them? Look for facial expressions and how much they engage compared to usual. Are they looking exhausted, changes in weight, sluggishness
- **How are they communicating** - Ask yourself if their way of communicating has changed? An underlying tone in responses — and the speed at which they respond — is another way to sense how they're doing.
- **Attitude and productivity** - productivity fluctuations are likely with all the changes that have occurred. But if it's coupled with other signs, it may be worth following up. Remember when we're not doing well mentally, it can have the same impact as when we're not doing well physically.



SUPPORTING YOU AS A **YOUTH** MENTAL HEALTH FIRST AIDER

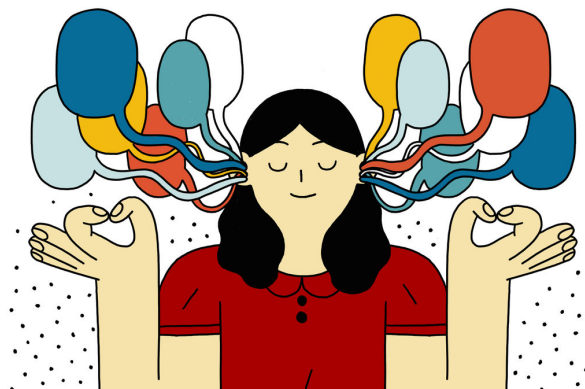


SUPPORT FOR YOU

Being a **Youth Mental Health First Aider** is a rewarding role but there should be steps that are put in place to support your role.

SELF CARE FOR YOU

- Make a list of the things you like to do that feed your heart, your body, your mind, and your soul
- Get out your calendar and make time for yourself EVERY day
- Give up all guilt about taking time for yourself, or for taking time to be with people who boost your energy and your joy
- Keep a gratitude journal
- Ask for help when you need it. After all, you aren't asking for anything you would not be happy to give
- Laugh and learn from your mistakes— another great gift to yourself and others
- Go for a walk
- Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax



STATISTICS MENTAL HEALTH IN OUR LIVES TODAY



One in seven young people aged 4 to 17 years experience a mental health condition in any given year.

3 million Australians are living with anxiety or depression



3 - 4 sick days taken each month for untreated depression

Organisations with a positive approach to

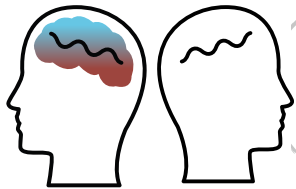
Mental Health

have increased productivity, improved worker engagement and are better able to recruit and retain talented people

Eight Australians die every day by suicide. That's more than double the road toll

<https://www.lifeline.org.au/resources/data-and-statistics/>

1 in 4 Australians are lonely and have no-one to speak to



45% of Australians will experience a **mental health** condition in their lifetime



33% rise in children and young people in the state of VIC presenting to hospital with self-harm injuries, compared to the corresponding time in 2019.

<https://www.lifeline.org.au/resources/data-and-statistics/>

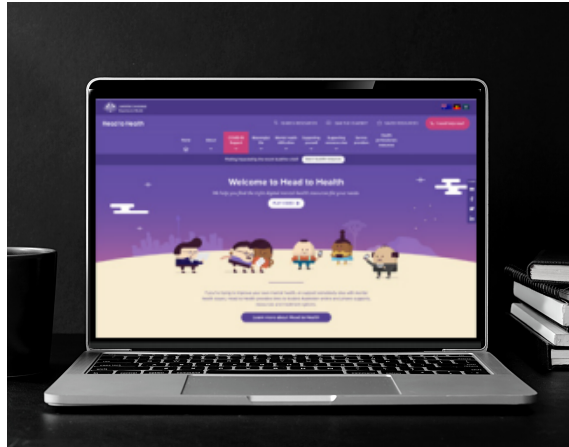
During July and August 2020: *

- Calls about mental health increased by 95%
- Calls about family violence increased by 56%
- Calls about work and employment increased by 48%
- Calls about relationship issues increased by 36%.

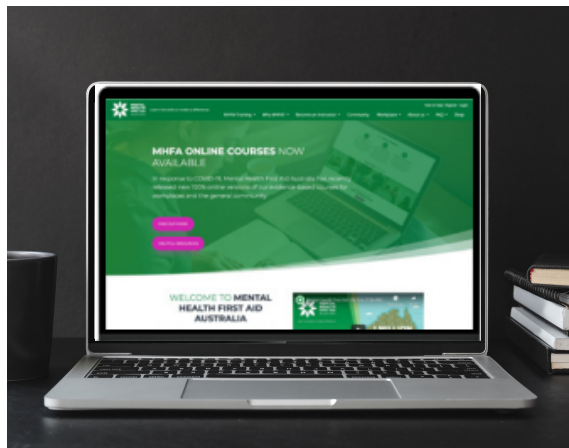
<https://ontheline.org.au/mental-health-blog/mens-mental-health-statistics/>



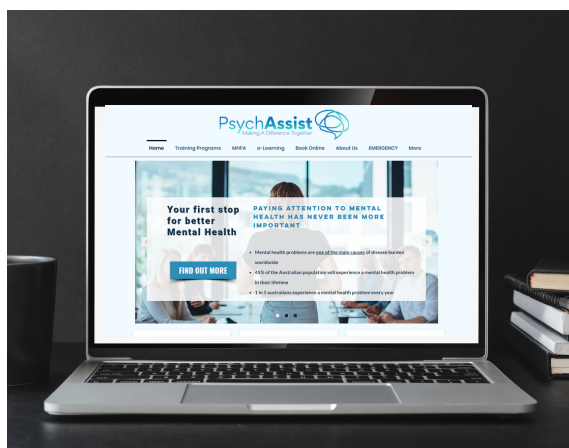
HELPFUL WEBSITES



headtohealth.gov.au



mhfa.gov.au



psychassist.com.au





KEEP UP TO DATE

You may find it helpful to keep up to date with the latest mental health news and training programs at **PsychAssist**.

Find out how to keep in touch with us below:

Follow us on social media
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self-care tips and news
from the PsychAssist community



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for updates on the
latest news, events, and
resources



Explore our website
psychassist.com.au
for free downloadable
toolkits for supporting
mental health in your



THANK YOU



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www.psychassist.com.au

PsychAssist
Making A Difference Together



YOUR YOUTH MENTAL HEALTH FIRST AIDERS ARE



There are plenty of different types of support out there, and a Youth Mental Health First Aider can help you access them.

Youth Mental Health First Aiders are a point of contact if you, or someone you are concerned about, are experiencing a mental health issue or emotional distress. Youth Mental Health First Aiders can give you initial support and signpost you to appropriate help if required.

If you have any questions about Mental Health please contact:

contact@psychassist.com.au
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YOUR YOUTH MENTAL HEALTH FIRST AIDERS ARE HERE FOR YOU

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HOW ARE YOU?

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