

Hey, you

**YES,
YOU!**

I've got something
important to tell you.

**Youth Advocates
Program is running
February Sat 2nd and
Sun 3rd**

YAC MEMBERS AND CREW MEMBERS ARE
REQUIRED TO UNDERTAKE THIS TRAINING TO
LEARN MORE ABOUT MENTAL HEALTH AND
YOUR ROLES.

Training will run 9am-5pm both Saturday and Sunday.

EPIC Lunch and snacks provided.

Join us Monthly for the...

Y.A.C MEET UP

Mondays 3:45pm - 5pm

18 Feb

18 March

15 April

20 May

15 July

19 Aug

16 Sep

21 Oct

18 Nov

16 Dec

**Please Note All 6 YAC members have to attend.
headspace Crew attendance is optional.**



Youth Mental Health First Aid Training

Dates: April the 11th and 12th

Time: 9am-5pm each day LUNCH

PROVIDED

Cost: \$20 (Normal cost \$250)

YAC and Crew are expected to attend.

The course teaches how to assist adolescents who are developing a mental health problem or in a mental health crisis.

Learn about adolescent development, the signs and symptoms of the common 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 a crisis situation