

OVER 2 MILLION TRAINED
2
MILLION
WORLDWIDE



Adolescent Mental Health First Aid

A 2-PART TRAINING COURSE FOR ADULTS

THIS EVIDENCE-BASED COURSE IS IDEAL FOR ADULTS WHO WANT TO LEARN MORE, IN PREPARATION FOR INCREASING THEIR CONFIDENCE AND COMPETENCE IN SUPPORTING YOUNG PEOPLE WITH MENTAL HEALTH DIFFICULTIES.

THIS COURSE IS RECOGNIZED IN MORE THAN 22 COUNTRIES AND IS NOW OFFERED IN THE UAE EXCLUSIVELY THROUGH THE LIGHTHOUSE ARABIA.

In this 14-hour course, you will learn to confidently and competently:

- Approach an adolescent who may be struggling with a mental health problem
- Listen and communicate non-judgmentally
- Give effective support and accurate information
- Encourage the adolescent to get appropriate professional help
- Encourage other supports that will help them

THIS COURSE IS SUITABLE FOR PARENTS, TEACHERS, SPORTS COACHES AND YOUTH WORKERS. It is ideal for adults working or living with adolescents (12 - 18 yrs old), though also relevant for those helping people who are a little younger or older.

You will learn how to apply the MHFA Action Plan to an adolescent who may be developing or experiencing a worsening of one or more of the following mental health problems:

- DEPRESSION
- ANXIETY
- PSYCHOSIS
- SUBSTANCE USE PROBLEMS
- EATING DISORDERS

Which can be a result of:

- Bullying
- Grief and Loss
- Test anxiety
- Social anxiety
- Relationship problems
- Change and Transitions



*Mental Health for
Everyone, Everywhere*

COURSE DATES

(A 2-PART COURSE):

**Thursday, October 11th &
Friday, October 12th, 2018**

TIMINGS

9am - 6pm (14 hours total)

INVESTMENT

AED 1,550 per person

*Fees are exclusive of 5% VAT

***Participants will receive a certificate of accreditation upon completion of the course.**

RESERVATIONS:

events@lighthousearabia.com

LOCATION:

The LightHouse - Center for Wellbeing.
For directions please visit our website
lighthousearabia.com/contact

***Complimentary Valet Parking is available.**

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THE LIGHTHOUSE
CENTER FOR WELLBEING

lighthousearabia.com



The training is delivered by team members from The LightHouse Arabia. All are clinical or counseling psychologists who have received their education and training in the USA, UK, Europe, South Africa and Australia. All have extensive experience in working with individuals and groups on a wide variety of mental health issues.



The LightHouse Arabia is the only authorized and licensed provider for MHFA training in the U.A.E.

SCHEDULE

SESSION ONE - DAY 1

9am – 12.30pm (includes 15 min. break)

Part 1

INTRODUCTION TO THE COURSE

MENTAL HEALTH FIRST AID

- Defining MHFA
- Defining the MHFA Action Plan
- Communicating with young people
- Role of a Mental Health First-Aider

THE CURRENT IMPACT OF MENTAL HEALTH AMONGST YOUTH

- Defining Mental Health & Mental Illness
- Adolescent Development
- Common mental illnesses affecting youth
- Risk factors for Mental Illness
- Barriers to help-seeking

DEPRESSION IN YOUNG PEOPLE

- Signs and symptoms
- Importance of early intervention for Depression
- Effective Interventions

Lunch 12.30pm – 1.15pm

Part 2

1.15pm – 4.45pm

THE MHFA ACTION PLAN FOR DEPRESSION IN YOUNG PEOPLE

- How to respond to someone who is in crisis (i.e. suicidal thoughts & behaviors and/or non-suicidal self-injury)
- How to respond to someone who is not in crisis

ANXIETY IN YOUNG PEOPLE

- Understanding Anxiety
- Signs, symptoms, & risk factors
- Types of Anxiety Disorders

SESSION TWO - DAY 2

9am – 12.30pm (includes 15 min. break)

Part 3

THE MHFA ACTION PLAN FOR ANXIETY

- Crisis first aid response after a traumatic event
- First aid response for anxiety problems (small group exercise)

EATING DISORDERS IN YOUNG PEOPLE

- Signs, symptoms, and risk factors
- Types of Eating Disorders
- MHFA Action Plan for Eating Disorders
- Crises first aid for medical emergencies

Lunch 12.30pm – 1.15pm

Part 4

1.15pm – 5.30pm

PSYCHOSIS IN YOUNG PEOPLE

- MHFA Action Plan for Psychotic Disorders
- Crisis first-aid for severe psychotic states

SUBSTANCE MISUSE IN YOUNG PEOPLE

- Signs, symptoms & risk factors

THE MHFA ACTION PLAN FOR SUBSTANCE MISUSE

- Crisis first-aid response for intoxication
- Crisis first-aid response for aggressive behavior

CONCLUDING ACTIVITIES:

- MHFA Accreditation Test (optional)