



Youth Mental Health First Aid FREE for Parents of teenagers

YMHFA is an internationally recognised program which teaches adults 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 common mental health problems in young people, where to get help and how to provide first aid in a crisis situation.



2-day program-
Saturdays 23 & 30
September, 9am- 4pm



headspace Osborne
Park- 2/145 Main
Street, Osborne Park



In partnership with



Bookings essential: Register online at www.ngala.com.au/pw, email NorthWestMetro.PCWA@ngala.com.au or call 9368 9368.

Ngala Parenting Line: Call 9368 9368 or request a call at www.ngala.com.au