



Media Release

Live4Life Bass Coast and South Gippsland launch Mental Health First Aid instructor training for local community members.

The Bass Coast South Gippsland Live4Life Partnership Group seeks expressions of interest for local community members interested in training as Teen and/or Youth Mental Health First Aid Instructors.

As the staggering effects of the pandemic on mental health are apparent, there is an urgent need to focus on the mental health of young people in our regional community, this is where Live4Life comes in, the award-winning youth mental health model is being rolled out across the Bass Coast and South Gippsland Shires this year.

Mental Health First Aid instructor training, which forms an essential part of the Bass Coast South Gippsland Live4Life program, is being offered to suitably qualified or experienced community members who work with young people and would like to support the implementation of the award-winning Live4Life program in the Bass Coast and South Gippsland Shires.

The **Teen Mental Health First Aid (TMHFA) Instructor Course** equips you to deliver Mental Health First Aid to Year 8 and Year 10 secondary school students in Bass Coast and South Gippsland on how to provide mental health first aid to their friends.

Training for Teen Mental Health First Aid will be held locally over four days, in early August 2022.

The **Youth Mental Health First Aid (YMHFA) Instructor Course** trains you to teach adults within your community how they can assist teenagers developing a mental health problem or are experiencing a mental health crisis.

Training for Youth Mental Health First Aid will be in Melbourne for five days plus travel. See [MHFAA website](#) for scheduled dates.

Through the Live4Life Bass Coast South Gippsland Partnership training, accommodation and travel costs would be covered.

Once trained, you would be required to support the Live4Life Bass Coast South Gippsland Partnership Group to deliver free of charge Teen Mental Health First Aid (TMHFA) and/or Youth Mental Health First Aid (YMHFA) courses at local secondary schools across the Bass Coast and South Gippsland regions throughout the 12 months post-training.

Expressions of interest and how to apply can be found [here](#). Expressions of interest close on Monday, 16 May 2022.

'The Teen Mental Health First Aid instructor training gives you the foundation and confidence to deliver life-changing and saving information to high school kids. Once you are out delivering the training you can really see the kids taking in the key messages and the rich conversations it creates in the classes, and knowing that these conversations and messages are continuing outside the classroom setting is so rewarding.'

Veronique Hamilton, Latrobe Regional Hospital

More about the Bass Coast South Gippsland Live4Life partners can be found [here](#). The program is generously supported by South Gippsland Shire Council, Bass Coast Shire Council, Red Cross and Gippsland Primary Health Network.

For comment, contact:

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For more information, visit www.live4life.org.au or view Live4Life's [Media Backgrounder](#).



Live4Life is the only mental health education and youth suicide prevention model designed specifically for rural and regional communities. Winner VicHealth Award for Improving Mental Wellbeing 2018. Winner YACVic Rural Youth Award for Most Innovative Youth Project or Program in Rural or Regional Victoria 2018. Highly Commended LG Pro awards 2020. Live4Life features in [the Royal Commission into Victoria's Mental Health System's final report](#) as a case study 'highlighting innovation in community-led mental health solutions for young people'.