

## Parents, adults urged to sign up for youth mental health training

WANT to learn how you can support young people and their mental health, including local support services?

Youth Mental Health First Aid training is returning this August, with sessions being held in Heywood every Monday for four weeks from August 22 from 6pm to 9.30pm. Future sessions will also be held in Portland in November and December.

The training is delivered through award-winning youth based mental health initiative Live4Life Glenelg and is aimed at parents, teachers and any adults who work, live or care for young people in the Glenelg Shire.

Wellbeing support at Heywood and District Secondary College and Teen Mental Health instructor, Tiana Richardson said the focus of the course was to equip participants with confidence in recognising the signs and symptoms of an emerging mental health issue, and to encourage help seeking as soon as possible.

"During the sessions participants will learn more about the barriers to seeking help, local support avenues and how the community can help to decrease the stigma surrounding mental health," she said.

"The 2021 Census data showed one in five Australians aged 16 to 34 years reported 'high or very high levels of psychological distress', more than twice the rate of those aged 65 to 85 years."

Ms Richardson thanked all those in the community who had already completed this vital training.

"Live4Life Glenelg is entering its sixth year in the Glenelg Shire and since its implementation more than 1600 young people and 250 adults have received mental health training," she said.

"This is fantastic to see, and we hope to see more adults putting up their hand to complete their Youth Mental Health First Aid."

To register for the Youth Mental Health First Aid Training please visit the Live4Life Eventbrite <https://www.eventbrite.com.au/e/youth-mental-health-first-aid-live4life->



WELLBEING support at Heywood and District Secondary College and Teen Mental Health instructor Tiana Richardson aims for the mental health first aid sessions to teach locals more about the barriers to seeking help.

Picture: SUPPLIED

heywood-tickets-257374192137 or contact the Glenelg Shire Youth team.

The Youth Mental Health First Aid Training is offered at a heavily subsidised rate, thanks to the Live4Life Glenelg Partnership Group and supporters, Glenelg Shire Council,

Portland Aluminium and Engage! Funding.

Training will be held at Heywood and District Secondary College on August 22, August 29, September 5 and September 12.

All four sessions must be attended to complete the course.