



South Eastern Sydney Mental Health First Aid (MHFA) Youth Program

Young people's mental health is a key priority for our community. The South Eastern Sydney Mental Health First Aid Youth Program was co-designed to provide community access to training in mental health first-responder skills. Results demonstrate that a co-design and partnership approach effectively engages communities in complex issues.

BACKGROUND

75% of mental illnesses manifest before the age of 25 and suicide is the leading cause of death in children aged 5 to 17 years.

- Linking young people with support early can reduce the severity and developmental impact of mental illness.
- The program was co-designed by South Eastern Sydney Local Health District (SESLHD), NSW Department of Education, Central and Eastern Primary Health Network, NSW Department of Family and Community Services, NSW Police, local councils, youth services including headspace Bondi Junction and young people.
- Instructors recruited from partner organisations to deliver Youth Mental Health First Aid (MHFA) training to adults who support young people across South East Sydney.
- Instructors include high-school teachers, community mental health workers and youth workers from health services, local councils, and non-government organisations.

RESULTS TO DATE

14



- Trained 14 MHFA instructors to provide evidence based MHFA courses to the community members who support young people.

280



- Over 280 members of the community trained in MHFA Youth Training and MHFA Aboriginal training.



- Reached community members who support our youth including high-school students, young people living with a mental illness, young offenders, homeless youth, youth living in care, young refugees, youth disengaged from education, LGBTQI+ young people and Aboriginal young people.



- Evaluation data shows a statistically significant rise in participants' confidence to implement mental health first aid to the benefit of young people.

Our goal

To equip 10% of adults who support young people in SESLHD, with mental health first responder skills.

What can you do?

- **Promote our program through your networks.**
- **Participate by enrolling in a training or hosting a training at your organisation.**
- **Provide funding for our program to further expand our reach.**

For more info

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