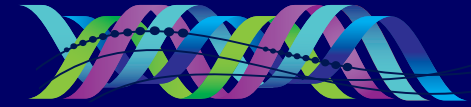




NORTHERN AUSTRALIA
PRIMARY HEALTH LIMITED



A healthier future for all Australians

These are the newest faces of mental health first aid in our region.

They are the first of a tranche of staff and students at St Catherine College in Proserpine to undertake Youth Mental Health First Aid (MHFA), a program that teaches the skills to respond to the signs of mental illness and substance use.



Trained by *headspace* Mackay, St Catherine College joins hundreds of schools across the country participating in the national program. *headspace* Mackay Centre Manager, Wayne Horwood says all staff at the secondary school campus will be trained by the end of the year, joining a growing list of school staff and students equipped with the skills to recognise and support youth that are struggling with their mental health.

“This is the first school in the Whitsunday region to engage in the Common Connections program, an initiative of ABC Regional ‘Heywire’ using MHFA as the vehicle for *headspace* to increase mental health literacy across a whole of school community approach. The standard MHFA has already been delivered to the Proserpine area.”

With the first of three youth MHFA sessions now delivered, the *headspace* Mackay Youth and Community Engagement team will begin delivering the teen MHFA to all secondary school students over the coming terms this year.

“This three tiered community engagement is being made available across all 19 secondary schools through the Isaac, Whitsunday and Mackay Local Government Areas.”

Northern Australia Primary Health Limited is a leading provider of Mental Health and Wellbeing services. We have a number of staff who are accredited to deliver MHFA training and are able to tailor the time and place for training to suit. For more information on MHFA training, call Townsville (07) 4799 1799 or Mackay (07) 4898 2200.