

YOUTH MENTAL HEALTH LITERACY

eLEARNING

in PERSON

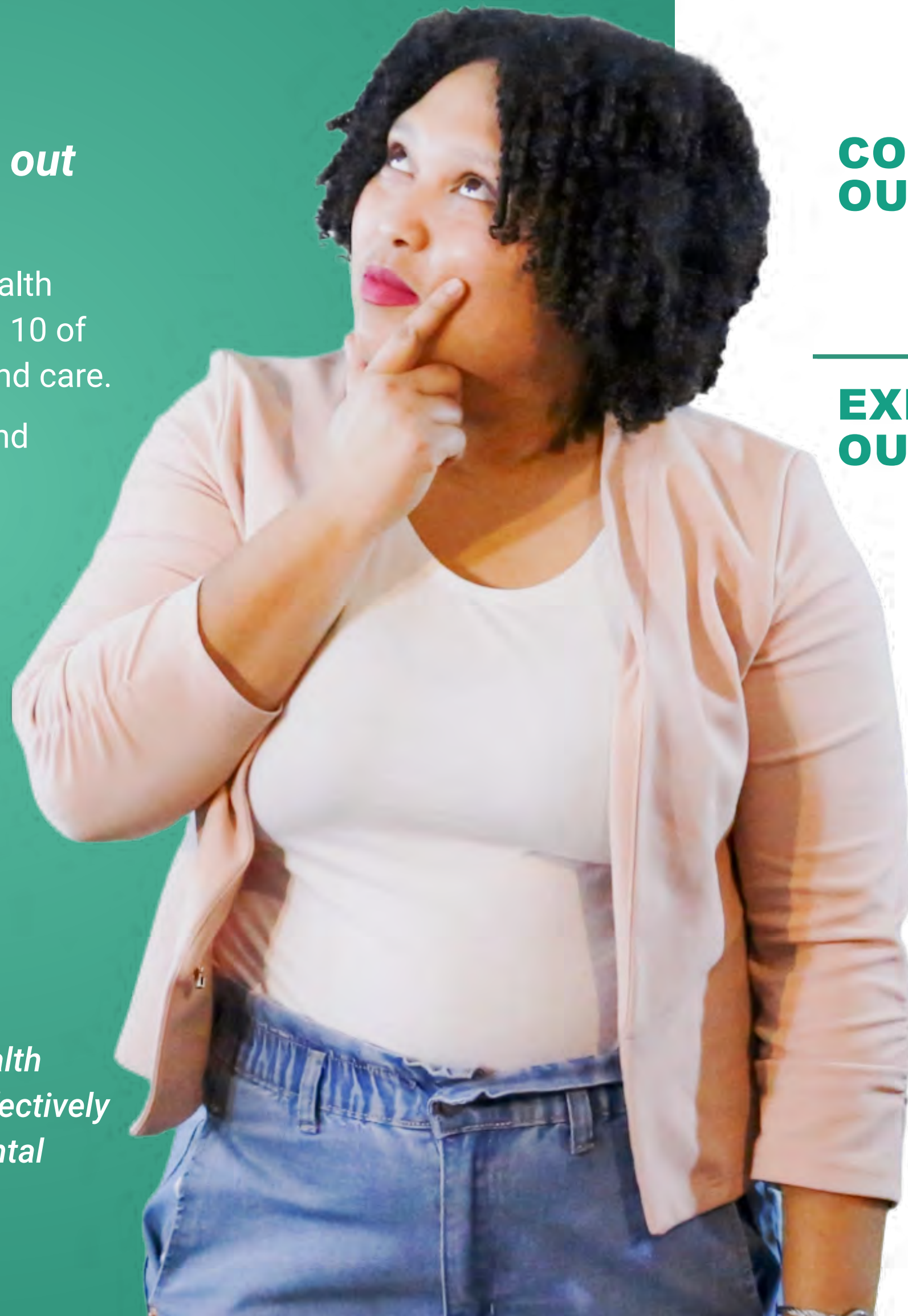
South Africa's youth are stressed out and struggling to cope

1 in 3 South Africans experience a mental health issue at some point in their lives but only 1 in 10 of us have access to mental health treatment and care.

High and growing numbers of adolescents and young people are living with common mental disorders including depression, anxiety and post-traumatic stress disorder. The rate of common mental disorders among youth in poorer communities is even higher. At least 90% of young people who take their own lives have a diagnosable mental illness.

Learning about mental illness and the importance of seeking treatment can save lives and enhance futures.

Developed by experts in youth mental health, together with NACOSA learning and youth programme specialists, the Youth Mental Health Literacy Course empowers participants to effectively engage and support young people facing mental health challenges.



SUITABLE FOR

Anyone who works with or cares for adolescents and young people including social workers, child and youth care workers, peer group trainers, lay counsellors, clinical staff, teachers, call centre operators, parents, youth group leaders, community and faith leaders etc.

COURSE OUTLINE

- Mental health in adolescents and youth
- Stigma in mental health
- Mental health and belief systems
- The human brain
- Factors influencing mental health
- Mental health and wellbeing
- Normal distress, mental distress and mental illness
- Referral pathways

EXPECTED OUTCOMES

- Able to provide accurate information about mental health
- Recognise how to intervene according to skill level
- Use the bio-medical/psycho-social/spiritual-cultural model to provide support
- Create a culture of help-seeking amongst young people
- Understand the role of stigma in mental health
- Understand the basic neurological aspects of mental health
- Effectively share knowledge about mental health to the wider community
- Create awareness about the role of social support
- Strengthen skills in information-giving and counselling
- Identify community resources and refer appropriately

COST

From R 1 865 to R 5 973 *Discounts available for groups*

[EMAIL training@nacosa.org.za](mailto:training@nacosa.org.za)

[NACOSA.ORG.ZA/LEARNING](https://nacosa.org.za/learning)



NACOSA
LEARNING