



Youth Mental Health First Aid Community Project – We need your votes to get the project up and running!!

We will be offering parents the chance to do a mental health first aid course to support their children.

Who can attend: Any parents whose children attend Moorebank High School, Nuwarra Public School, Chipping Norton Public School and Newbridge Heights Public School.

What is mental health first aid: a course to help parents learn how to support adolescents who may be experiencing a mental health problem or crisis until appropriate professional help is received or the crisis resolves. Parents will learn practical, evidence-based steps to take.

When will it run: 1 night a week for 4 weeks in term 4. 4 courses will run during the grant period. They will be held at Moorebank High School.

Projects are funded based on community votes. You are eligible to vote if you live in the Holsworthy electorate (Holsworthy, Wattle Grove, Moorebank, Chipping Norton, Georges Fair, Hammondville, Lurnea, Prestons and parts of Casula)

You can vote online at mycommunityproject.service.nsw.gov.au or at your local Service NSW Centre. For more information on how to vote, visit nsw.gov.au/mycommunityproject or please refer to the [Fact sheet for voters.](#)

Voting closes on 15 August – help us get this project running and vote!!