



**Youth
Mental Health
First Aid Course**

Youth MHFA is an internationally recognised training programme designed specifically for those people that teach, work, live with or care for young people aged 11 – 18.

Delivered by qualified Youth MHFA instructors the training provides information, tools and techniques to promote a young person's mental and emotional wellbeing and to enable participants to support a young person who might be experiencing mental and emotional distress.

The Youth MHFA course will teach you how to:

- Spot the early signs of a mental health problem in young people
- Feel confident helping a young person experiencing a problem
- Provide help on a first aid basis
- Help protect a young person who might be at risk of harm
- Help prevent a mental health illness from getting worse
- Help a young person recover faster
- Guide a young person towards the right support
- Reduce the stigma of mental health problems

Why is it important?

- 1 in 10 young people experience emotional and mental health problems
- By the time young people become adults the incidence of mental health problems rises to somewhere between 1 in 4 and 1 in 6 people.
- For those aged 15-24 suicide is the second most common cause of death
- There is evidence to suggest early intervention is hugely beneficial

Key areas covered within the course include:

- Promoting emotional, mental, social and psychological well-being
- Eating Disorders
- Self Harm
- Diversity and equality issues
- Substance / Alcohol misuse
- Suicide
- Child, adolescent and family psychosocial development
- Depression/Anxiety/Psychosis
- Bullying/Cyber bullying
- Promoting protective factors and good parenting

The course has a deliberate fit with national policy and aims to promote the common assessment framework (CAF), Healthy Schools and Targeted Mental Health in Schools (TaMHS). It also has a particular focus on vulnerable groups of young people including looked after children (LAC). The training also promotes the use of substance misuse screening tools.

The course can be delivered as either two whole days, four half days or as short modular 1-2 hour training sessions.

Recent course feedback:

"The 2 day course completely changed my thoughts and the way I speak with young people I come into contact with. I see beyond what we "think" we see."
"One of the best courses I have done".

For further information on the course and how to book onto it please contact: