

Youth MHFA



Two Day



One Day



Half Day

Mental Health First Aid to support young people

Learn more at
mhfaengland.org



What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

At MHFA England we offer a range of courses which are tailored for people who teach, work, live with and care for young people aged 8 to 18. The courses can be attended by anyone from age 16 upwards.

Each and every Youth MHFA course is delivered by a quality assured instructor, who has attended the seven day instructor training programme accredited by the Royal Society for Public Health.

What will I learn on a Youth MHFA course?

What you learn will depend on the length of course you attend.

Youth MHFA Lite (Half Day)

is an introductory course designed to increase awareness of young people's mental health and some of the issues that can affect this age group.

Youth MHFA for Schools and Colleges (One Day)

teaches you how to identify when a young person might be experiencing a mental health issue and how to guide them to get the help they need.

Youth MHFA (Two Day)

provides a more in depth understanding of specific mental health issues and is delivered in four manageable chunks:

- What is mental health?
- Depression and anxiety
- Suicide and psychosis
- Self-harm and eating disorders

Within each section there is clear focus on the issues faced by young people today, including bullying/cyber bullying and substance misuse. The course also teaches the importance of promoting protective factors and good parenting. Completing the two day course qualifies you as a Youth Mental Health First Aider.

How will attending a Youth MHFA course help?

Each of the courses will increase awareness around young people's mental health. The longer courses will also allow you to develop practical skills to identify a range of mental health issues and support a young person to get the help they need.

Research and evaluation shows that taking part in an MHFA course:

- Raises awareness and mental health literacy
- Reduces stigma around mental ill health
- Boosts knowledge and confidence in dealing with mental health issues
- Promotes early intervention which enables recovery

To find out more about MHFA England training and consultancy please contact:

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mhfaengland.org

To book an MHFA course please contact:

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