



Youth Mental Health First Aid – 2 day

Youth Mental Health First Aid (MHFA) is for everyone who works with, lives with or supports young people aged 8-18. This course will teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid, and guide them towards the support they need. In doing so, you can speed up a young person's recovery and stop a mental health issue from getting worse.

This course will teach you to listen, reassure and respond, even in a crisis - and even potentially stop a crisis from happening. You will be given the information and skills to look after your own mental health so that you can set an example for young people.

Who should attend?

This course is suitable for those who want to gain the necessary skills to have a non-judgmental conversation, recognise the signs and symptoms of common mental health illnesses and understand how they can affect young people.

Session 1 -

- What is Mental Health?
- The Mental Health Continuum
- Risk and protective factors
- Stigma and discrimination
- Stress
- The MHFA Action Plan - ALGEE

Session 2 -

- Depression and anxiety
- Action plan for depression and anxiety
- Self-care

Session 3 -

- Suicide
- Action plan for suicide
- Psychosis
- Action plan for psychosis

Session 4 -

- Self-harm
- Action plan for self-harm
- Eating disorders
- Action plan for eating disorders
- Recovery

The content is delivered through presentation of slides, discussion, group activities and videos.

Duration: 2 days

Cost: £180 + vat per delegate