

Youth MHFA Two Day



Our two day course qualifies you as a Youth Mental Health First Aider.

Youth Mental Health First Aiders have:

- An in depth understanding of young people's mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a young person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help a young person recover their health by guiding them to further support – whether that's through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate
- Ability to support a young person with a long term mental health issue or disability to thrive
- Tools to look after your own mental wellbeing

Learning takes place across four manageable sessions. Through a mix of group activities, presentations and discussions, each session is built around a Youth Mental Health First Aid action plan.

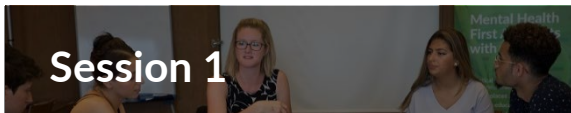
We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn. Young people are welcome on the course but if you're under the age of 16 we need consent from your parent or guardian.

Everyone who completes the course gets:

- A Youth MHFA manual to refer to whenever they need it
- A certificate to say they are a Youth Mental Health First Aider

“This course gave me a very good overall insight into young people's mental health. It was delivered very well by a very knowledgeable instructor. The course was well structured and encouraged interaction from all who attended.”

Course structure



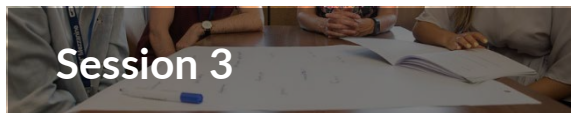
Youth Mental Health First Aid

- The Youth MHFA action plan
- Definition of mental health
- Adolescent development
- Common youth mental health disorders
- Preventing mental health issues
- Promoting wellbeing and protective factors



Depression and anxiety

- What are depression and anxiety disorders?
- Signs and symptoms
- Possible causes
- Youth MHFA action planning



Suicide

- The facts about suicide
- Possible warning signs
- Crisis first aid for suicidal behaviour

Psychosis

- What is psychosis?
- Signs of psychosis
- Youth MHFA action planning
- Treatment and resources for psychosis



Self-harm and eating disorders

- What are they?
- Why are they important?
- Possible causes
- Signs and symptoms
- Treatment and resources
- Youth MHFA action planning