

YOUTH MENTAL HEALTH FIRST AID - 2 DAY

The Youth MHFA course is an internationally recognised training programme designed specifically for people who teach, work, live with or care for young people aged 8 – 18.

The training programme is delivered by qualified Youth MHFA instructors who provide information, tools and techniques to promote a young person's mental and emotional wellbeing.

The course will teach you how to:

- > Spot the early signs of a mental health issue in young people
- > Feel confident helping a young person experiencing an issue
- > Provide help on a first aid basis
- > Help protect a young person who might be at risk of harm
- > Help prevent a mental health issue from getting worse
- > Help a young person recover faster



The course is split into four manageable chunks. These are:

**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, including bullying/cyber bullying and substance misuse.

The course is delivered over two full days. However, the delivery of the course is flexible and may be delivered over a number of sessions containing a mix of presentations, discussions, and group work activities.

mhfa 
mental health first aid **Youth**