

Youth Mental Health First Aid - Lite

Course Description:

Youth MHFA Lite offers an introduction to young people's mental health and to mental health issues. It is intended to introduce the Youth MHFA course.

Course Outline:

The aims of Youth MHFA Lite are to enable participants to:

- Gain an understanding of some of the common mental health issues affecting young people, including depression, anxiety, eating disorders and psychosis
- Work more effectively with young people living with mental health issues
- Identify stigma and discrimination surrounding mental health issues
- Support young people with a mental health issue and relate to their experiences
- Experience a taste of the contents of the Youth MHFA course.

Course Duration:

3 hours

Assessment:

Our instructors provide a safe learning environment and are trained to support you throughout the whole course. If you don't feel comfortable joining in certain parts, then there is no pressure to.

Certification:

You'll receive a Youth MHFA Lite manual that you can take away with you at the end of the course and a certificate from MHFA England.

