

## Youth Mental Health First Aid for Schools and Colleges

### Course Description:

Youth MHFA for Schools and Colleges has been designed especially with schools in mind. Based on the Youth MHFA course but targeted to meet the needs of educational environments, Youth MHFA Schools and Colleges will cover key topics around young people's mental health and wellbeing, with a strong practical focus on how to support young people experiencing mental distress. Whilst the course is not a replacement for the two day Youth MHFA course, delegates will become Champions for better mental health in schools.

### Course Outline:

- What is mental health and mental ill health?
- Stigma and discrimination
- The five steps of Mental Health First Aid
- How to spot symptoms of mental health issues such as depression, anxiety, eating disorders and psychosis
- Suicide
- Self-harm
- Non judgemental listening skills

### Course Duration:

1 Day

