

Youth Mental Health First Aid

Course Description:

Our Youth MHFA course is an internationally recognised course designed specifically for those people that teach, work, live with or care for young people aged 8 to 18 years.

Our Youth MHFA 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 today, including bullying/cyber bullying and substance misuse. The course also teaches the importance of promoting wellbeing and protective factors.

Course Outline:

In each section you'll learn how to:

- Spot the early signs of a mental health issue in young people
- Feel confident helping a young person experiencing mental ill health
- 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
- Guide a young person towards the right support
- Reduce the stigma of mental health issues.

Course Duration:

2 Days

Certification:

Everyone who attends the course will receive a copy of the Youth MHFA manual and workbook, which are both excellent support resources. When you have completed the course you will receive a certificate to confirm that you are a trained Youth Mental Health First Aider.

