

YOUTH MENTAL HEALTH FIRST AID

This two day Youth Mental Health First Aid (MHFA) course is an internationally recognised course designed specifically for those people that teach, work, live with or care for young people aged 8 - 18 years. You will learn how to support a young person who might be experiencing mental and emotional distress, and how to provide information, tools and techniques to promote a young person's mental and emotional wellbeing.

COURSE OVERVIEW

The course is split up into four manageable chunks. These are: What is mental health? Depression and anxiety. Suicide and psychosis. Self-harm and eating disorders. You will also cover other topics specific to young people that include child and adolescent development, bullying/cyber bullying, substance misuse and promoting protective factors and good parenting.

During the course, you'll learn how to:

- Spot the early signs of a mental health problem in young people
- Feel confident helping a young person experiencing a problem
- Provide help on a first aid basis
- Help protect a young person who might be at risk of harm
- Help prevent a mental health illness from getting worse
- Help a young person recover faster
- Guide a young person towards the right support
- Reduce the stigma of mental health problems

The sessions will be a mix of presentations, group discussions and group work activities. Our instructors provide a very safe learning environment and are trained to support you throughout the whole course. If you don't feel comfortable joining in with certain parts, then don't; we won't make you do something you aren't comfortable with. We want everyone to feel safe and our instructors can help if people find some parts particularly difficult. You'll receive a YMHFA standard manual that you can take away with you at the end of the course and also an attendance certificate from MHFA England to say that you are now a Youth Mental Health First Aider. All that we ask is for attendees to be over the age of sixteen.

Delivery options:

Two full days of training delivery

Maximum number: 16

Please contact training@bristolmind.org.uk for fees