



Children's Hospital School Leicester

'Better Together'



Youth MHFA Champion

- ❖ *Do you work with young people who experience or have experienced Mental Health Challenges?*
- ❖ *Do you want to develop your skills in understanding a range of Mental Health Difficulties?*

We can offer a one-day 'Mental Health Champion Course' accredited by Mental Health First Aid England.

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

What will I learn?

This one-day course trains you as a Youth MHFA Champion, giving you:

- An understanding of common mental health issues and how they can affect young people
- Ability to spot signs of mental ill health in young people and guide them to a place of support
- Knowledge and confidence to advocate for mental health awareness
- Skills to support positive wellbeing



Dates: Tuesday 19th March 2024 or Tuesday 18th June 2024

Time: 8.45am arrival for a 9.00am start – 4.30pm finish

Venue: Soar Valley Training Centre, LE4 7GY

Cost: £165 per person including resources, refreshments and lunch

Facilitator: Lorraine Biddle (Head of School - The Beacon CAMHS unit) and SLE

To book on this 1-day course please click on one of the dates shown below:

[19 March 2024](#) or [18 June 2024](#)