



Youth MHFA



Mental Health First Aid to support young people

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.

MHFA England offer a range of courses tailored for people who teach, work, live with and care for young people aged 8 to 18. The courses can be attended by anyone from age 16 upwards. Each and every MHFA England course is delivered by a quality assured Instructor Member.

What will I learn?

The course provides a more in depth understanding of specific mental health issues and is delivered in four manageable chunks:

- What is mental health?
- Depression and anxiety
- Suicide and psychosis
- Self-harm and eating disorders

The course focuses on the issues faced by young people today, such as cyber bullying and substance misuse, and teaches how to promote protective factors and good parenting. The course will increase awareness around young people's mental health. Allowing you to develop practical skills to identify a range of mental health issues and support a young person to get the help they need. Completing the 2-day course qualifies you as a Youth Mental Health First Aider.



Date: 15th & 16th February 2024 or 23rd & 24th May 2024

Time: 8.45am arrival for a 9.00am start – 5.00pm finish

Venue: Soar Valley Training Centre

Cost: £250 per person including resources, refreshments and lunch

Facilitator: Lorraine Biddle (The Beacon CAMHS unit lead teacher & SLE)

To book on this 2-day course please click on one of the dates shown below:

[15 & 16 February](#) or [23 & 24 May 2024](#)