



Children's Hospital School Leicester 'Better Together'

Mental Health England Youth Courses

Facilitator: Lorraine Biddle – MHFA Accredited Instructor/Head of School, The Beacon CAMHS unit



2 Day Mental Health First Aid	1 Day Mental Health Champion	½ Day Mental Health Awareness
<p>This course trains you as a Youth Mental Health First Aider, giving you:</p> <ul style="list-style-type: none"> • An in-depth understanding of young people's mental health and factors that affect wellbeing • Practical skills to spot the triggers and signs of mental health issues • Confidence to reassure and support a young person in distress • Enhanced interpersonal skills such as non-judgemental listening • Knowledge to help a young person recover their health by guiding them to further support – whether that's through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate • Ability to support a young person with a long term mental health issue or disability to thrive • Tools to look after your own mental wellbeing <p>Cost to attend one of our courses – £250 pp</p>	<p>This one-day course trains you as a Youth MHFA Champion, giving you:</p> <ul style="list-style-type: none"> • 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 <p>Cost to attend one of our courses – £165 pp</p> <p>Please ask about cost to deliver this course in your school</p>	<p>This introductory three-hour session raises awareness of young people's mental health. It covers:</p> <ul style="list-style-type: none"> • Some of the common mental health issues affecting young people, including depression, anxiety, eating disorders and psychosis • Skills to work more effectively with young people living with mental health issues • Ways to support young people with a mental health issue and relate to their experiences <p>Cost to attend one of our courses – £95 pp</p> <p>Please ask about cost to deliver this course in your school</p>



For scheduled dates, costings and to make a booking please click on our Eventbrite link: [The Children's Hospital School Events | Eventbrite](https://www.eventbrite.co.uk/e/the-childrens-hospital-school-events-tickets-123456789012)

We are also able to deliver these courses in your school or trust. For further details and to discuss costs, please email:

training@childrenshospitalschool.leicester.sch.uk



Children's Hospital School • University Hospitals of Leicester NHS Trust • Leicester Royal Infirmary • Leicester • LE1 5WW
Tel: 0116 229 8137

✉ training@childrenshospitalschool.leicester.sch.uk

🌐 www.childrenshospitalschool.leicester.sch.uk