

## **What will I learn?**

Our Youth MHFA course is split up into 4 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.

In each section 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

## **How will I learn?**

The Youth MHFA course takes place over 2 full days. The sessions will be a mix of presentation, group discussions and group work activities. The 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 certain bits, then don't, we won't make you do something you aren't comfortable with.

Due to some of the sensitive subjects of our courses, including suicide, we limit numbers to 16 people. We want everyone to feel safe and the instructors can help if people find some bits particularly difficult.

You'll receive a Youth MHFA manual that you can take away with you at the end of the course and also an attendance certificate from MHFA England to say you are now Youth Mental Health First Aider.

## **Who can attend?**

The course is simply for everyone! All that we ask is for you to be above the age of 16. This is due to some of the content being quite sensitive and can be upsetting to some. We want to ensure that we create a safe and suitable learning environment for all our attendees.

**Date and Venue: Monday/Tuesday 16 and 17 February 2015  
Heslam Park, Ashby Road, Scunthorpe, N. Lincolnshire**

## **How do I book on a course?**

You can register your interest by using the course booker at the bottom of the MHFA England page ([www.mhfaengland.org](http://www.mhfaengland.org)) or by booking via [www.wrightmindtsl.co.uk](http://www.wrightmindtsl.co.uk) This will send an email to the instructor running the course who will then get in touch to confirm your place.

**Using the booking form below does not guarantee you a place. Please do not book any travel or accommodation until you have received your confirmation email.**