

Mental Health First Aid is an educational course which teaches people how to identify, understand and help a person who may be developing a mental health problem. In the same way as we learn physical first aid, mental health first aid teaches you how to recognise those crucial warning signs of mental ill health.

Developed in Australia in 2000 and now internationally recognised in twenty three countries, the MHFA course teaches people how to recognise the signs and symptoms of common mental health issues, provide help on a first aid basis and effectively guide those towards the right support services.

## What will you learn?

The 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

The course covers 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 you 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. As instructors, we 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 a 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: Monday/Tuesday 27 and 28 April 2015**  
**Friday 22 and 29 May 2015**  
**Tuesday/Wednesday 9 and 10 June 2015**  
**Wednesday 8 and 15 July 2015**

**Venue: Heslam Park, Ashby Road, Scunthorpe, N. Lincolnshire**

**Cost: £125 per person (includes refreshments and resources)**

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

You can book directly via [www.wrightmindtsl.co.uk](http://www.wrightmindtsl.co.uk) against the date of the course or 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)). 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.**

**If you have any questions or you are interested in the facilitators  
delivering at your premises, please contact  
Deborah Wright at Wright Mind Training Services Limited  
on [deborah@wrightmindtsl.co.uk](mailto:deborah@wrightmindtsl.co.uk)  
or phone 01724 858799 or mobile 07804 247372**