

MHFA for Schools and Colleges

What is MHFA for Schools and Colleges?

MHFA for Schools and Colleges has been designed especially with schools in mind. Based on the Youth MHFA course but targeted to meet the needs of educational environments, MHFA Schools will cover key topics around young people's mental health and wellbeing, with a strong practical focus on how support young people experiencing mental distress. Whilst the course is not a replacement for the 2 day Youth MHFA course, delegates will become Champions for better mental health in schools.

What will you learn about on a MHFA for Schools and College course?

- Why Youth MHFA for Schools and Colleges?
- What is mental health and mental ill health?
- Stigma and discrimination
- The five steps of mental health first aid
- Depression
- Suicide
- Non-judgmental listening skills
- Anxiety
- Self-harm
- Eating disorders
- Psychosis

As a one-day course, it fits perfectly into schools' inset training days and busy private school timetables, making it accessible for teaching staff across sectors. The session will be a mix of presentation, group discussions and group work activities. MHFA 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.

Who can attend?

Teaching and non-teaching staff, health and wellbeing staff, members of the governing body, members of the PTA. Attendees should be aged 16 or over

Date: Tuesday 1 September 2015

Venue: Heslam Park, Ashby Road, Scunthorpe, North Lincolnshire DN16 2AG

Cost: £75 per place (includes refreshments and resources)

How to book: You can book directly via www.wrightmindtsl.co.uk or you can email deborah@wrightmindtsl.co.uk or telephone 01724 858799/mobile 07804 247372 or you can book via the MHFA England website www.mhfaengland.org and find the above course date and submit and enquiry.

If you are interested in commissioning this workshop as an inset training day at your school, please contact: Deborah Wright via the above contact details.