



MHFA England

Two-day Youth Mental Health First Aid course



The **Youth Mental Health First Aid (MHFA)** two-day course qualifies you as a **Youth Mental Health First Aider**.

Youth Mental Health First Aiders have:

- 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 their own mental wellbeing

<p>Session 1 – Day 1 – am</p> <ul style="list-style-type: none"> • The Youth MHFA action plan • Definition of mental health • Adolescent development • Common youth mental health disorders • Preventing mental health issues • Promoting wellbeing and protective factors 	<p>Session 2 – Day 1 – pm Depression and anxiety</p> <ul style="list-style-type: none"> • What are depression and anxiety disorders? • Signs and symptoms • Possible causes • Youth MHFA action planning
<p>Session 3 – Day 2 – am</p> <p>Suicide</p> <ul style="list-style-type: none"> • The facts about suicide • Possible warning signs • Crisis first aid for suicidal behaviour <p>Psychosis</p> <ul style="list-style-type: none"> • What is psychosis? • Signs of psychosis • Youth MHFA action planning • Treatment and resources for psychosis 	<p>Session 4 – Day 2 – pm Self-harm and eating disorders</p> <ul style="list-style-type: none"> • What are they? • Why are they important? • Possible causes • Signs and symptoms • Treatment and resources • Youth MHFA action planning

Minimum of 8 and maximum of 16 people per course. Young people are welcome on the course but for those under the age of 16 we need consent from their parent or guardian.

The course content is delivered via. a mix of group activities, presentations and discussions. Each session is built around a Youth Mental Health First Aid action plan.

Everyone who completes the course receives a Youth Mental Health First Aid manual and workbook to keep and refer to whenever they need it. Attendees receive a Certificate of Attendance to say they are a Youth Mental Health First Aider.

For more information or to enquire about a Youth workshop, contact Deborah on 01724 858799 or 07804 247372 or email deborah@wrightmindtsl.co.uk