



MHFA England



Half-day Youth Mental Health Awareness course

The Youth MHFA Aware is an introductory four-hour session to raise awareness of young people's mental health.

It is designed to give:

- An understanding of 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

We limit numbers to 25 people per course so that the instructor can keep people safe and supported while they learn. Young people are welcome on the course but we need parental consent for people under the age of 16.

Everyone who completes the session gets a Youth MHFA manual to keep and refer to, and a certificate to say they are Youth MHFA Aware.

Learning takes place through a mix of presentations, group discussions and workshop activities.

The session covers:

- Language and mental health issues
- What is mental health?
- Mental health conditions
 - Depression
 - Anxiety disorders
 - Psychosis
 - Self-harm
 - Eating Disorders
 - Personality Disorders
- Alcohol, illegal drugs and mental health
- Supporting young people in distress
- Mental and emotional wellbeing

For more information or to enquire about a Youth workshop, contact Deborah on 01724 858799 or 07804 274372 or email deborah@wrightmindtsl.co.uk