



MHFA England



One-day Youth Mental Health First Aid course

The one-day **Youth Mental Health First Aid** course qualifies you as a **Youth MHFA Champion**.

Youth MHFA Champions have:

- An understanding of common mental health issues and how they can affect young people
- Ability to spot signs of mental ill health in young people and guide them to a place of support
- Knowledge and confidence to advocate for mental health awareness
- Skills to support positive wellbeing

The numbers on the course are a minimum of 8 and maximum of 16 people. This is so instructors can keep people safe and supported while they learn.

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

The course is delivered via a mix of presentations, group discussions and workshop activities. Everyone who completes the day will get a Youth MHFA manual and workbook to keep and refer to. Attendees receive a Certificate of Attendance to say they are a Youth MHFA Champion.

Session 1	Session 2
<ul style="list-style-type: none">• Why Youth MHFA One Day?• What is mental health and mental ill health?• Stigma and discrimination• The Mental Health First Aid action plan• Depression• Suicide	<ul style="list-style-type: none">• Anxiety• Self-harm• Eating disorders• Psychosis• Recovery• Resilience

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