



## **Our Youth One-Day 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

### **Cost**

We value this course at **£100 per person**.

### **What to expect:**

The course is delivered by an MHFA England Instructor Member.

We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn.

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

When you complete the course, you will get:

- A Youth MHFA manual to refer to whenever you need it
- A certificate of attendance to say you are a Youth MHFA Champion

### **Session 1**

- 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

### **Session 2**

- Anxiety
- Self-harm
- Eating disorders
- Psychosis
- Recovery
- Resilience