



Our Youth 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 your own mental wellbeing

Cost

We value this course at **£200 per person.**

What to expect:

The course will be delivered by an MHFA 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 across four manageable sessions. Through a mix of group activities, presentations and discussions, each session is built around a Youth Mental Health First Aid action plan.

When you complete the course, you will get:

- A Youth MHFA manual to refer to whenever you need it
- A workbook including some helpful tools to support your own mental health
- A certificate of attendance to say you are a Youth Mental Health First Aider

Course Structure

Session 1

- Youth Mental Health First Aid
- About Youth Mental Health First Aid
- Context: England's child health care policy
- About mental health – facts and figures
- Risk factors for mental ill health
- Protective factors for mental health
- Preventing mental health issues and promoting wellbeing
- The Youth MHFA action plan: ALGEE



Session 2

- Depression and anxiety
- About depression – facts and figures
- Signs and symptoms
- Risk factors
- About anxiety disorders – facts and figures
- Signs and symptoms
- Risk factors
- The MHFA action plan for depression and anxiety: ALGEE

Session 3

- Suicide and psychosis
- About suicide
- Risk factors and warning signs for suicide
- First aid for suicidal crisis
- About psychosis
- Risk factors and warning signs of psychosis
- Types of psychotic disorders
- Crisis first aid for acute psychosis
- The MHFA action plan for psychosis: ALGEE

Session 4

- Self-harm and eating disorders
- About self-harm – facts and figures
- Risk factors
- Signs and symptoms
- The MHFA action plan for self-harm: ALGEE
- About eating disorders – facts and figures
- Different types of eating disorders
- The MHFA action plan for eating disorders: ALGEE
- Recovery