

# Youth MHFA



Two Day



One Day



Half Day

# Mental Health First Aid to support young people

Learn more at [mhfaengland.org](http://mhfaengland.org)

**MHFA England**  
INSTRUCTOR  
MEMBER



## What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

At MHFA England we offer a range of courses tailored for people who teach, work, live with and care for young people aged 8 to 18. The courses can be attended by anyone from age 16 upwards. Each and every MHFA England course is delivered by a quality assured Instructor Member.

## What will I learn?

What you learn will depend on the length of course you attend.

### Half Day - Mental Health Aware

An introductory course designed to increase awareness of young people's mental health and some of the issues that can affect this age group.

### One Day - MHFA Champions

Teaches you how to identify when a young person might be experiencing a mental health issue and how to guide them to get the help they need.

### Two Day - Mental Health First Aiders

Provides a more in depth understanding of specific mental health issues and is delivered in four manageable chunks:

- What is mental health?
- Depression and anxiety
- Suicide and psychosis
- Self-harm and eating disorders

It focuses on the issues faced by young people today, such as cyber bullying and substance misuse, and teaches how to promote protective factors and good parenting.

Completing the two day course qualifies you as a Youth Mental Health First Aider.

## Instructor Training

Our seven day MHFA Instructor Training programme, accredited by the Royal Society for Public Health, qualifies you to deliver MHFA England courses to your colleagues.

## How will attending a Youth MHFA course help?

Each of the courses will increase awareness around young people's mental health. The two day courses will allow you to develop practical skills to identify a range of mental health issues and support a young person to get the help they need.

Research and evaluation shows that taking part in an MHFA England course:

- Raises awareness and mental health literacy
- Reduces stigma around mental ill health
- Boosts knowledge and confidence in dealing with mental health issues
- Promotes early intervention which enables recovery

## Youth MHFA in education

We believe that the most effective way to safeguard young people and foster whole school wellbeing is to train a blend of staff in all schools. Our goal is for these vital skills to be part of initial teacher training so that every young person has access to a Youth Mental Health First Aider.

**To find out more about Youth MHFA or to book onto a course, please contact:**

## CAST: Learning Solutions

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