

Mental Health First Aid: Youth (8 to 18 years)

The Youth MHFA course is split up into 4 manageable chunks. These are:

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

You will also cover other topics specific to young people that include child and adolescent development, bullying/cyber bullying, substance misuse and promoting protective factors and good parenting.

In each section you'll learn how to:

- Spot the early signs of a mental health problem in young people
- Feel confident helping a young person experiencing a problem
- Provide help on a first aid basis
- Help protect a young person who might be at risk of harm
- Help prevent a mental health illness from getting worse
- Help a young person recover faster
- Guide a young person towards the right support
- Reduce the stigma of mental health problems

How we work?

- The Youth MHFA course takes place over 2 full days.
- The sessions will be a mix of presentation, group discussions and group work activities. Our trainers provide a very safe learning environment and are trained to support you throughout the whole course. If you don't feel comfortable joining in certain bits, then don't, we won't make you do something you aren't comfortable with.
- Due to some of the sensitive subjects of our courses, including suicide, we limit numbers to 16 people. We want everyone to feel safe and our instructors can help if people find some bits particularly difficult.
- You'll receive a Youth MHFA manual that you can take away with you at the end of the course and also an attendance certificate from MHFA England to say you are now Youth Mental Health First Aider.

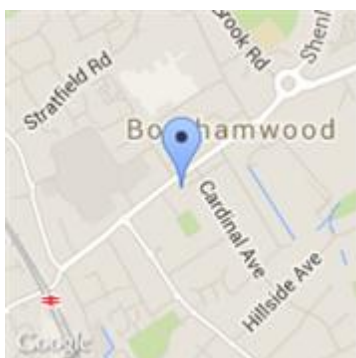


Saturday 6th & Saturday 20th February 2016

9.30am – 5.00pm

96 Shenley Road, Borehamwood, Herts. WD6 1EB

(Nearest car parks: Furzehill Road Multi-storey, WD6 2DG or Clarendon Road Pay & Display, WD6 1BD – Both approx. £5 for the day).



Investment:

This course is grant funded by Hertsmere Borough Council and is normally valued at £300 per person.

Volunteers – £65

Paid Staff - £90

Light refreshments will be provided, however participants will need to organise their own lunch.

To book:

Email: admin@pro-actionherts.org Tel: 01707 276859

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W: www.pro-actionherts.org Charity No: 112752

