

MHFA ENGLAND CERTIFIED YOUTH MENTAL HEALTH FIRST AID

Available Formats and Pricing

Two Day Youth Mental Health First Aid
One Day Youth Wellbeing Champion
Half Day Youth Mental Health Aware

Available Online or Face to Face
*Priced per head with Group discounts available

Two Day: Youth Mental Health First Aid



MHFA England

Course Introduction

Youth Mental Health First Aid (MHFA) courses are for everyone who works with, lives with or supports young people aged 8-18. They will teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. In doing so, you can speed up a young person's recovery and stop a mental health issue from getting worse.

This two-day course 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. Everyone who completes the course gets a Youth MHFA manual to refer to whenever they need it, and a certificate to say they are a Youth Mental Health First Aider.

Course Outcomes

By the end of the INSET, delegates will 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

"This is the second year we have used Ross. He is down to earth, professional and always makes sure we learn what we need to learn...and in an engaging way."

Sara Hartmann, Dusseldorf International School, Germany

One Day: Youth MHFA Champion



Course Introduction

This one day course qualifies you as a Youth MHFA Champion, giving you:

- 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
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Content

- About Mental Health First Aid
- About mental health and stress in the workplace
- Stigma and discrimination
- Depression
- Anxiety disorders
- Other mental health issues (eating disorders, self-harm, psychosis)
- Early warning signs of mental ill health
- Alcohol, drugs and mental health

Takeaways

Everyone who completes the course gets:

- A certificate of attendance to say they are an MHFA Champion
- A manual to refer to whenever they need it
- A quick reference card for the Mental Health First Aid action plan
- A workbook including a helpful toolkit to support their own mental health
- A copy of the Line Managers' Resource, an invaluable source of advice on how to support an employee experiencing mental ill health

Half Day: Youth Mental Health Aware



Course Introduction

This introductory four hour session raises awareness of young people's mental health. It includes:

- Some of the common mental health issues affecting young people, including depression, anxiety, eating disorders and psychosis
- Skills to work more effectively with young people living with mental health issues
- Ways to support young people with a mental health issue and relate to their experiences
- A Certificate
- A MHFA Resource Manual
- A Course Workbook
- A copy of the Line Managers' Resource Book

Trainer Profile

Over the past 30 years, Ross McWilliam has worked in over 1,000 schools and businesses. Through his work in the field of mindsets, he has changed the lives of one million children, young adults and professionals. Ross has demonstrated an unrivalled record of engagement, education and empowerment and has been described by leading international psychology professor Barry Hymer as 'a classic growth mindset.'

Ross has written for various journals such as Times Educational Supplement, SecEd, Head Teacher Update, Meetings & Incentive Travel and Lancashire Business View. Ross is also a published children's author, more information can be found at: www.cuppajourney.com



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