

Youth Mental Health First Aid

Two Day (14 Hour) Course



Training Centre



Overview

Our two day course qualifies you as a Youth Mental Health First Aider, giving you:

- 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 £240 per person

Format

- Two day face to face course across four manageable sessions
- Each session is built around a Youth Mental Health First Aid action plan
- Learning takes place through a mix of presentations, group discussions and workshop activities
- We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn

Takeaways

Everyone who completes the course gets:

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

Course content

Part 1:

- 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

Part 2:

- 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

Part 3:

- 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

Part 4:

- 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

Availability

We run regular courses at our training centres across the UK

Duration

This is a 2 day course

(14 hours including breaks)

Courses at our training centres usually run from 10.00-17.30

Assessment

You will be continuously assessed by your instructor throughout the course

Certification

On completion of the course you will receive an MHFA accredited certificate of attendance

To book a course or for more information, call us today on **0300 3020 999** or visit **www.tigerlilytraining.co.uk**