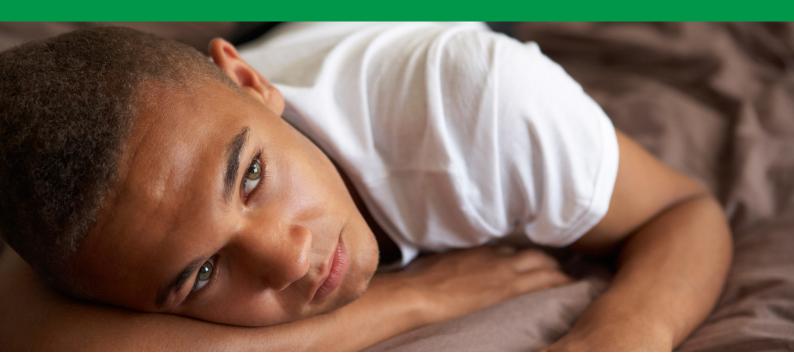
# **Course Information**



# Youth Mental Health First Aid

Two Day (14 Hour) Course





# 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







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# 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

In-House courses are available at your workplace across the UK

The course takes place on a date and time of your choosing

# Assessment

You will be continuously assessed by your instructor throughout the course

# **Duration**

This is a 2 day course

(14 hours including breaks)

# 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







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