



## Mental Health First Aider

This Youth MHFA Two Day course qualifies you as a  
Youth Mental Health First Aider

### Course Structure:

- About Youth Mental Health First Aid
- Depression and anxiety
- Suicide and psychosis
- Self-harm and eating disorders

Thursday 5th & Friday 6th  
November 2020

9am - 5pm (full attendance  
required)

Fiveways School, Yeovil.

Led by: Richard Berry  
MHFA Trainer

**Is your school Ofsted ready in relation to mental health support?**

**Youth Mental Health First Aid Courses provide you with:**

- 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

**£200 per person**

Bookings online via <https://mhfaengland.org/individuals/youth/2-day/> or

Email [officespts@educ.somerset.gov.uk](mailto:officespts@educ.somerset.gov.uk) ☎ 01935 411384