



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 4th and Friday 5th
March 2021

9am - 5pm (full attendance
required)

Virtual online learning

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 ☎ 01935 411384