

# Mental Health First Aid training

New dates - Due to popular demand!

## Become a Youth Mental Health First Aider

06th - 07th June 2023

<https://www.supportservicesforeducation.co.uk/Services/3247>

Two day course trains 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.
- 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 training would compliment the Senior Mental Health Leads Training being offered.



## Booking details:

This CPD is fully funded and offered **free of charge**. Places are therefore limited to 2 per setting. Non-attendance or cancellation within 14 days of the training date will be charged at £50 per booking.

Email: [officespts@fiveways.school](mailto:officespts@fiveways.school)



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