

# Youth Mental Health First Aid Training



Through Public Health funding we are pleased to offer a 2 day FREE Youth Mental Health First Aid Training.

## Become a Youth Mental Health First Aider:



### Course details:

2 day course  
25th and 26th March 2024  
Fiveways Training Centre, Yeovil  
09:00 - 17:00pm

Led by:  
Rich Berry (MHFA Trainer)

### Course Structure:

- - An indepth 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.

## Booking details:

<https://mhfaengland.org/course-booking-form/?id=a3b0a25a-b87f-ee11-8179-0022489daab7>

This CPD is fully funded and offered **free of charge**.

Places are therefore limited to 2 per setting. Non-attendance or cancellation made 14 days or less before the training date will be subject to a £60.00 booking fee.

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

**Phone:** 01935 411384

