



# Youth Mental Health First Aider Programme

The Youth Mental Health First Aid (MHFA) course is for everyone who works with, lives with or supports young people aged 8-18. They will teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. In doing so, you can speed up a young person's recovery and stop a mental health issue from getting worse.

The course will teach you to listen, reassure and respond, even in a crisis and even potentially stop a crisis from happening. But more than that, we aim to give you the information and skills to look after your own mental health so that you can set an example for young people. By giving you the tools to have these conversations, we hope to empower you to create a mentally healthy, supportive environment in your family, school, peer group or community.

## Two Day Training Programme

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 Dates

Friday 04 November 2022

Friday 11 November 2022

## Venue

Maiden Erlegh School  
Silverdale Rd, Earley, RG7HS

## Internal Cost

£30.00

Includes Course  
Materials

This in-person 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

## CONTACT

**Mrs Alison Walker**  
Director of Inclusion and Safeguarding

COMPLETE THE COURSE SIGN UP

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