

# Course information

	<b>Mental Health Awareness</b>	<b>Youth Mental Health First Aid</b>
<b>Time of course</b>	<b>9.30 – 4.30</b>	<b>9.30 – 5.00 two days</b>
<b>Number of participants</b>	<b>Min 5 Max 16</b> We have found that when there is too many people the element of discussion and personal view/insight (some of which is very personal) gets lost as people generally do not like speaking in large groups – especially if they do not know each other. An important part of mental health training is the discussion element as people can share the stories and what is often good practice.	<b>Min 8 Max 16</b>
<b>Accreditation</b>	NCFE Level 1 Award in Mental Health Awareness. A level 2 qualification can be achieved with adaptations to the course outline.	Participants certificate for all NOCN Level 3 Youth Mental Health
<b>Cost of course (excl. VAT)</b>	<b>Basic day rate:</b> £425 <b>Accreditation:</b> £27 per person	<b>Basic course rate:</b> £750 <b>Information manual:</b> £15.00 per person (compulsory) <b>Accreditation:</b> £90 per person
<b>What people take away with them</b>	Participants are issued with some information hand-outs of local support organisations for the areas covered. This project will include an extra resource pack from local and national organisations.	Information manual
<b>Progression routes</b>	For this project information can be used from young people to form a network that can be created between schools, youth centres, parents and support organisations to provide face to face and online information for individuals to share and network and encourage sustainability. This will support the vision and values of the Lewisham’s children and young people’s plan.	
<b>Other</b>	This course is adaptable for the group but keeping the overall learning outcome.	This course is nationally recognised and has a standard format.
<b>Capacity</b>	I have links with a range of trainers in the local area through my work in South London and as a mentor for Youth MHFA from my time as a national trainer, if I am unable to run a course.	