



# Supporting Young People

## What is Youth Mental Health First Aid?

Youth Mental Health First Aid (MHFA) is an internationally recognised two day training course, designed to teach people how to spot the signs and symptoms of mental ill health in young people and provide help on a first aid basis.

The training can be attended by anyone from 16 upwards and is relevant for people who teach, work, live with and care for 8 to 18 year olds, including young people themselves.

Everyone on the course is taught a set of skills which enables them to support someone experiencing a mental health issue. Each and every Youth MHFA course is delivered by a quality assured instructor, who has attended the seven day instructor training programme accredited by the Royal Society for Public Health.

## What will I learn on a two day Youth MHFA course?

Our Youth MHFA instructors deliver training that has been designed to fit into four manageable chunks.

These are:

- \_ What is mental health?
- \_ Depression and anxiety
- \_ Suicide and psychosis
- \_ Self-harm and eating disorders

Within each section there is clear focus on the issues faced by young people today, including bullying/cyber bullying and substance misuse. The course also teaches the importance of promoting protective factors and good parenting.

Everyone will receive a copy of the Youth MHFA manual which is an excellent support resource and when you have completed the course you will be a Youth Mental Health First Aider.

## How will becoming a Youth Mental Health First Aider help?

The course will:

- \_ Give a deeper understanding around the issues that relate to young people's mental health
- \_ Teach practical skills that can be used every day, including being able to spot the signs and symptoms of mental health issues

Research and evaluation shows that taking part in an MHFA course:

- \_ Raises awareness and mental health literacy
- \_ Reduces stigma around mental ill health
- \_ Boosts knowledge and confidence in dealing with mental health issues
- \_ Encourages people to start a conversation with a person who may be experiencing a mental health issue
- \_ Promotes early intervention which enables recovery

Youth MHFA won't teach you how to be a therapist, but you will be able to say you're a Youth Mental Health First Aider.

## To book onto a course please contact us at

[info@windmilltraining.co.uk](mailto:info@windmilltraining.co.uk) or

0845 003 4203

