



MHFA for Schools and Colleges

What is Youth Mental Health First Aid for Schools and Colleges?

The Youth Mental Health First Aid (MHFA) Schools and Colleges course raises awareness around young people's mental health and teaches participants a set of practical skills which enables them to support a young person experiencing a mental health issue on a first aid basis.

Based on our two day Youth MHFA course, the Schools and Colleges training has been designed specifically with schools and colleges in mind and is suitable for teachers, support staff and parents. As a one day course, it fits perfectly into school inset training days and busy school timetables, making it accessible for state and privately funded primary, secondary and further education settings.

Each and every Youth MHFA Schools and Colleges 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 to deliver our two day Youth MHFA course.

What will I learn on a one day Youth MHFA Schools and Colleges course?

Our Youth MHFA instructors will deliver an intensive one day course which covers a number of key topics.

These are:

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

The day will include a mix of presentations, group discussions and workshop activities, with our instructors providing a safe learning environment where participants are supported throughout the whole course. At the end of the day, everyone will receive a copy of the Youth MHFA Schools and Colleges manual which is an excellent reference and support resource.

How will attending a Youth MHFA Schools and Colleges course help?

The course will:

- _ Give an 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 also 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
- _ Promotes early intervention which enables recovery

To book a course please contact us at info@windmilltraining.co.uk or 0845 033 4203