

Become a Youth Mental Health First Aider

2 Day Course

Thursday 4 February 2021 09:00 – 16:00

Friday 5 February 2021 09:00 – 16:00

Venue: Maiden Erlegh Chiltern Edge Reads Lane
Sonning Common, Reading RG4 9LN

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.

Let's create a future where mental health is treated as a normal part of life, in the same way as physical health. A future where every young person has access to support if they need it.

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

This online 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**
- **Tools to look after your own mental wellbeing**



Course fees £300 (including course materials)

To book please email

mesteachingschool@maidenerleghtrust.org

For more information about Mental Health First Aid please visit <https://mhfaengland.org>

Course Instructor : Ali Walker, MHFA
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