

# Qualify in Youth Mental Health First Aid.

## Two day course.

**Dates:** 5+6.3.18 17+18.4.18  
**Time:** 9.00 - 4.30  
**Venue:** Hounslow Professional Development Centre, St. John's Road, Isleworth TW7 6RU

### Public Health and HSCB are providing this course.

It's been in the news; a national concern about the increase in mental health problems among children and young people. Non-mental health specialists are increasingly encountering young people in need of basic mental health support. This course enables a broad range of workers to acquire the knowledge and skill to provide Mental Health First Aid to young people and ensure that those who need it can access appropriate help quickly.

### Qualify as a Youth Mental Health First Aider:

After the course you will have:

- 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 guiding them to further support –through self-help sites, 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

### What to expect:

Courses are limited to 16 people per course so instructors can keep people safe and supported while they learn.

Young people are welcome on the course but for those under 16 we need written consent from a parent or guardian.

Learning takes place across four sessions. Through a mix of group activities, presentations and discussions, each session is built around a Youth Mental Health First Aid action plan. You will get an MHFA manual to keep and refer to whenever you need it.

After completing the two days you will receive a certificate to say that you are a Youth Mental Health First Aider.

### Facilitators:

A multi professional team of MHFA accredited instructors working in Hounslow

**Click below to register.**

**Use your existing log in if you have one or register if you are a new user.**

<https://hounslow.safeguardingchildren.co.uk>