



MHFA England



## Youth Mental Health First Aid Champion (1 day)

This one-day course qualifies you as a Youth MHFA Champion.

Youth MHFA Champions have:

- An understanding of common mental health issues and how they can affect young people
- Ability to spot signs of mental ill health in young people and guide them to a place of support
- Knowledge and confidence to advocate for mental health awareness
- Skills to support positive wellbeing

We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn.

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

The day includes a mix of presentations, group discussions and workshop activities. Everyone who completes the day will get a Youth MHFA manual to keep and refer to, and a certificate to say they are a Youth MHFA Champion.

*The sessions can be tailored slightly to allow for specific company focus and to include company specific information, case studies and support options.*

**Mental Health First Aid** is an internationally recognised, evidence-based programme of training which includes:

- 2-day full MHFA programme for Adult, Youth and Armed Forces
- 1-day MHFA Champion for Workplace (Jan 2018), Schools & Colleges and Higher Education
- ½ day MHFA Aware for Adult and Youth

For more information contact [jane.cattermole@uwclub.net](mailto:jane.cattermole@uwclub.net)  
or call 07789112680

**Arrival and registration for 8.45am (tea and coffee available)**

**Course Start at 9.00am**

**Morning Break at 10.45am to 11.00am**

**Lunch at 12.45pm to 1.30pm**

**Afternoon Break at 2.45pm to 3.00pm**

**Course Content:**

**Session 1**

- Why Youth MHFA One Day?
- What is mental health and mental ill health?
  - Stigma and discrimination
- The Mental Health First Aid action plan
  - Depression
  - Suicide

**Session 2**

- Anxiety
- Self-harm
- Eating disorders
  - Psychosis
  - Recovery
  - Resilience



**Evaluations and Course Close at 5.00pm**