

YOUTH MENTAL HEALTH FIRST AID TRAINING



Emotional Mental Wellbeing
in Education



**2 DAY FIRST AIDER COURSE
SUITABLE FOR EVERYONE WHO
TEACHES, WORKS, LIVES WITH OR
CARES FOR 8 TO 18-YEAR-OLDS
FULLY FUNDED
09:30AM - 16:00PM**

WHAT YOU WILL LEARN

- 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 STRUCTURE

SESSION 1: YOUTH MHFA, FACTS AND FIGURES.
SESSION 2: DEPRESSION AND ANXIETY
SESSION 3: SUICIDE AND PSYCHOSIS
SESSION 4: SELF-HARM AND EATING
DISORDERS

**For further information please contact:
SchoolsMH@hertfordshire.gov.uk**

Places are limited to two representatives per school

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BOOKING LINKS

2 DAY FIRST AIDER COURSE FOR SCHOOL PROFESSIONALS

09:30AM - 16:00PM

Dates	Location	Booking Link	Parking
22nd and 23rd October 2024	Hobbs Hill Wood Primary, Dacorum	Book Here	Parking available on site
4th and 5th February 2025	The Green Room, Bournehall Primary School, Bushey	Book Here	Parking available on nearby roads
11th and 12th February 2025	Hobbs Hill Wood Primary, Dacorum	Book Here	Parking available on site
18th & 19th March 2025	Holwell Primary School, WGC	Book Here	Parking available on nearby roads

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Both days must be completed*