

# YOUTH MENTAL HEALTH FIRST AID TRAINING

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Emotional Mental Wellbeing  
in Education



**1 DAY CHAMPION COURSE  
DESIGNED SPECIFICALLY FOR SCHOOL  
PROFESSIONALS WORKING WITH  
8 TO 18-YEAR-OLDS  
FULLY FUNDED  
09:30AM - 16:00PM**

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## WHAT YOU WILL LEARN

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- 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

## COURSE STRUCTURE

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SESSION 1- ABOUT, WHAT IS MENTAL HEALTH AND MENTAL ILL HEALTH, STIGMA AND DISCRIMINATION, DEPRESSION AND SUICIDE.  
SESSION 2 MENTAL HEALTH CONDITIONS: ANXIETY, SELF-HARM, EATING DISORDERS, PSYCHOSIS, RECOVERY, RESILIENCE

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

*Places are limited to two representatives per school*

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## BOOKING LINKS

### 1 DAY CHAMPION COURSE FOR SCHOOL PROFESSIONALS

09:30AM - 16:00PM

Dates	Location	Booking Link	Parking
3rd December 2024	Hobbs Hill Wood Primary, Dacorum	<a href="#">Book Here</a>	Parking available on site
4th December 2024	Hitchin Youth Centre	<a href="#">Book Here</a>	No parking on site- local pay and display car park
31st January 2025	The Hub, Fleetville School, St Albans	<a href="#">Book Here</a>	Parking available on site
11th March 2025	Peartree Spring, Stevenage	<a href="#">Book Here</a>	Parking available on roads near venue
12th March 2025	Springmead Primary School, WGC	<a href="#">Book Here</a>	Parking available on site

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