

# Youth Mental Health First Aider Course

The Greenshaw Learning Trust is delighted to be able to offer this two-day course. The programme will be facilitated by qualified MHFA England associate, Simon Cooper-Hind, who will deliver this crucial course focusing on the mental well-being of children in our schools.

## BY THE END OF THE TWO DAY COURSE, YOUTH MENTAL HEALTH FIRST AIDERS WILL HAVE:

- ✔ An in depth understanding of young people's mental health and factors that affect well-being.
- ✔ 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.

**DATES:** This is a two day course.

Delegate numbers are restricted to 24 participants. Places will be offered on a first come-first served basis. **Participants must attend both consecutive days.**

**TIMES:** Arrival from 8.30am for 9.00am start, finishing around 4.30pm.

