

Youth Mental Health First Aid (YMHFA)

AIM This course teaches participants how to recognise and respond appropriately to signs of mental ill health in young people

At the end of the course participants will be able to:

- Spot the early signs of a mental health problem in young people
- Feel confident helping a young person
- Provide help on a first aid basis
- Help protect a young person who might be at risk of harm
- Help a young person recover faster
- Guide a young person towards the right support
- Reduce the stigma of mental health problems

This is an internationally recognised two-day course specifically designed for those people that teach, work, live with or care for young people aged 11 - 18. This course teaches participants how to spot the early warning signs and symptoms of mental ill-health in young people. It provides information about topics such as anxiety, depression, self-harm, eating disorders, alcohol and drug use and explains the impact that mental ill-health in young people can have on adolescent development. A practical, skills based approach helps participants gain the confidence to offer meaningful support to young people in distress.

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