

# B|MINDFUL

## MHFA Youth (Community)

### Who is this course for?

Parents, Carers, Youth Workers, Teaching and Support Staff, other professional roles that work with young people and anyone who wishes to develop their understanding of how to support a young person experiencing a mental health issue.

### What you will gain from completing the course:

- Knowledge and skills that will enable you to support a young person who is experiencing a mental health issue.
- This course enables you to personally and professionally develop
- Resources include: a manual, workbook, action card and certificate

### What does it cover?

#### Session 1

- About Youth Mental Health First Aid
- Context, Facts and Figures, Risk and Protective factors
- Prevention
- Promotion of Wellbeing
- ALGEE

#### Session 2

- Depression and Anxiety

#### Session 3

- Suicide and Psychosis

#### Session 4

- Self Harm and Eating Disorders
- Recovery

### How to sign up:

Please click on this link (or highlight and copy into a new tab) and it will take you to our sign up page:

<https://tinyurl.com/youth-community>

### Dates:

Four half days rather than two full days. This is to accommodate parents, carers and professionals to work it around family and work commitments.

14th March (9.30 - 12.30)

15th March (9.30 - 12.30)

21st March (9.30 - 12.30)

22nd March (9.30 - 12.30)

### Type of delivery:

online

### Delivered by:

Mental Health First Aid England Member Instructor

### Cost:

£25

Important: Applications will close on 28th February. This will enable your instructor time to order all relevant course information and materials.

The offer of these courses are part of our community initiative to raise awareness of mental health, how to support individuals and to support our community. Ordinarily there is a price point of £300pp attached to this course but we are offering it for a nominal £25 for the Youth course which covers resources and certification.