

Mental Health First Aid Training Courses



2 Day Youth Mental
Health First Aid

1 Day Youth
Mental Health
First Aid
Champion

½ Day Youth
Mental Health
Aware

Bespoke Youth
Mental Health
Training in your own
premises or ours



What is Mental Health First Aid?

Many young people are struggling with their mental health and need support from parents, teachers and a wide range of adults who may have day to day contact with them. Research has continually shown that the quicker a young person's needs are recognised, and appropriate support given, the better the chances for the young person to recover and thus preventing young people from experiencing more severe illness or additional mental health issues into their young adulthood.



Youth Mental Health First Aid (MHFA) courses are for everyone who works with, lives with or supports young people aged 8-18. They will teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. In doing so, you can speed up a young person's recovery and stop a mental health issue from getting worse.

All our Youth Mental Health First Aid courses are delivered by Mental Health First Aid England Instructor Members, who also have extensive experience working with young people.

Our courses won't teach you to be a therapist, but we will teach you to listen, reassure and respond, even in a crisis - and even potentially stop a crisis from happening.

But more than that, we aim to give you the information and skills to look after your own mental health so that you can set an example for young people. By giving you the tools to have these conversations, we hope to empower you to create a mentally healthy, supportive environment in your family, school, peer group or community.



What courses do we offer?

Youth Mental Health First Aid Course:

Duration: 2 Days

Cost: £300

Qualification: Youth Mental Health
First Aider

Why consider this course?

It is the most comprehensive MHFA England Mental Health First Aid Course for those interested in young people aged 8-18

It is also the only course allowing delegates to act as Youth Mental Health First Aiders

Youth Mental Health First Aid Champion Course:

Duration: 1 Day

Cost: £200

Qualification: Youth Mental Health
Champion

Why consider this course?

Less time intensive than the full 2 day course, but allowing for more depth than the introductory course

Could be used as an introduction to the full 2 day course

Allows qualification as a Youth Mental Health First Aid Champion

Youth Mental Health Aware Half Day Course:

Duration: 3 hours

Cost: £75

Qualification: Youth Mental Health Aware

Why consider this course?

For those who want a short introduction to the area or who want a brief awareness session

Less time intensive than the other courses offered

Allows for qualification as Youth Mental Health Aware

Ideal for an INSET slot in your organisation



Youth Mental Health First Aid 2 Day Course

This is our most comprehensive Mental Health First Aid England course, allowing delegates to act as Youth Mental Health First Aiders.

By the end of the course, delegates should be able to:

- Understand the important factors affecting ill health for young people
- Identify the signs and symptoms for a range of mental health conditions in young people
- Provide Mental Health First Aid to a young person experiencing a mental health issue or crisis
- Signpost a young person to professional help

Day 1 section 1: an introduction to Youth Mental Health First Aid

- About Youth Mental Health First Aid
- Context: England's child health care policy
- About mental health – facts and figures
- Risk factors for mental ill health
- Protective factors for mental health
- Preventing mental health issues and promoting wellbeing
- The Youth MHFA action plan: ALGEE

Day 1 Section 2: Depression & Anxiety

- About depression – facts and figures
- Signs and symptoms
- Risk factors
- About anxiety disorders – facts and figures
- Signs and symptoms
- Risk factors
- The MHFA action plan for depression and anxiety: ALGEE

Day 2 section 3: Suicide & Psychosis

- About suicide
- Risk factors and warning signs for suicide
- First aid for suicidal crisis
- About psychosis
- Risk factors and warning signs of psychosis
- Types of psychotic disorders
- Crisis first aid for acute psychosis
- The MHFA action plan for psychosis: ALGEE

Day 2 section 4: Self-Harm & Eating Disorders

- About self-harm – facts and figures
- Risk factors
- Signs and symptoms
- The MHFA action plan for self-harm: ALGEE
- About eating disorders – facts and figures
- Different types of eating disorders
- The MHFA action plan for eating disorders:
ALGEE
- Recovery

Course Cost: £300

Maximum Delegate Number: 16 people

Youth Mental Health First Aid 1 Day Champion Course

Youth MHFA Champions have:

- 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

Session 1 content:

- Why Youth MHFA One Day?
- What is mental health and mental ill health?
- Stigma and discrimination
- The Mental Health First Aid action plan
- Depression
- Suicide

Session 2 content:

- Anxiety
- Self-harm
- Eating disorders
- Psychosis
- Recovery
- Resilience

Course Cost: £200

Maximum Delegate Number: 16 people

Youth Mental Health Aware Half Day Course

Our half day course is an introductory three hour session to raise awareness of young people's mental health, aged 8-18.

By the end of this course, participants will be Mental Health Aware and will be able to:

- Define mental health and emotional wellbeing
- Relate to young people's experiences
- Recognise some signs of mental health distress
- Start a supportive conversation about mental ill health
- Practise self-care

The three hour session covers:

- What is mental health?
- Protective & risk factors
- Stigma & discrimination
- Mental Health Continuum
- Self-harm & Suicide
- Signs & symptoms of mental ill health in young people
- Stress Container
- Hand Model of the Brain
- Signposting to professional and self-help
- Safeguarding
- Recovery
- Self-awareness and self-care
- Action for Happiness

Course Cost: £75

Maximum Delegate Number: 25 people

What will the courses be like?

We keep our courses to optimum sizes, with maximum numbers set by Mental Health First Aid England, to allow us to keep the best learning conditions for our delegates.

The courses involve a mixture of presentations, pair work, group work, discussions and case studies.

What do the courses cost?

The 2 day Youth Mental Health First Aid costs **£300**

The 1 day Youth Mental Health First Aid Champion costs **£200**

The ½ day Youth Mental Health Aware costs **£75**

Costs include: training, refreshments, course manual, workbook and certificate. All fees must be paid in full before the course start date.

Schools and other institutions wishing to host a course in their own institution in Kent, may qualify for one free delegate place. Please contact us to discuss your requirements. Courses outside of Kent will incur additional charges.

Bespoke Courses:

We are happy to run bespoke courses for schools and other organisations and individuals.

Please contact us to discuss your requirements.

About your Trainer

Meet your local Youth Mental Health First Aid Instructor and Head First Ltd Director, Dave Miller:



Dave is an ideal trainer for the Mental Health First Aid England courses, as he brings:

- A realistic view of the difficulties in supporting young people with mental health concerns and of the pressures faced by young people today, based on 25 years of providing support for young people in schools, both directly and through leading teams of professionals working in schools
- Experience working with parents and carers supporting young people with a variety of needs
- In-depth knowledge and experience of Safeguarding training for education professionals, parents and young people
- Experience in identifying the needs and support of young people
- Qualification as a Mental Health First Aid England Instructor Member. MHFA England is the only provider of licensed MHFA Instructor training in England and is accredited by the Royal Society for Public Health

Head First's mission is to teach effective Youth Mental Health First Aid skills to enable young people to have the best chance of a mentally healthy life

What do our delegates think of our courses?

“I thoroughly enjoyed the course and both instructors were excellent”

“Excellent course. Really enjoyed the teaching and group sessions. Really engaging presentations and facilitators”

“Great teacher! An honour to learn from Dave”

“Dave was an excellent instructor – supportive, engaging and practical. I would highly recommend him to anyone considering undertaking the course.”

“Extremely good delivery throughout. Kept us engaged over the 2 days”

Contact us:

W: www.headfirstweb.co.uk

E: enquiries@headfirstweb.co.uk

T: (01634) 926956

