



Last chance to access this course this Summer!

3 HOUR INTERACTIVE YOUTH MENTAL HEALTH AWARE ONLINE COURSE

MONDAY 31ST AUGUST

9.30 – 12.30

“The course was really informative. Dave was great!”

“I thought the course was very relevant, well thought out and presented really well. It was thought-provoking and interesting – the time flew by as we were all engaged and although it was presented virtually, I found it ran very smoothly”

The course includes:-

- What does Mental Health mean for you?
- Protective & risk factors
- The Mental Health Continuum
- Signs & symptoms of mental ill health
- The importance of self-care
- Signposting to professional help

www.headfirstweb.co.uk

An introductory course to allow delegates to be certified as Youth Mental Health Aware

Course aimed at those working with young people aged 8-18

Comprehensive course manual and certificate

Course cost £75

Course certificated by Mental Health First Aid England

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