

## Youth Mental Health First Aid – two day course

When?	Thursdays 8 <sup>th</sup> and 15 <sup>th</sup> February 2018 9.30am to 4.00pm (attend both days)
Where?	Stoneyhall Community Centre, 29 Wornham Avenue, Stevenage, SG1 3UG Tea and coffee are provided but participants need to provide their own lunch.
Who's it for?	<b>People who work for a Hertfordshire voluntary sector organisations and provide support to children and young people aged 8 to 18.</b> Due to the high demand for this course, places are limited to one representative per organisation and a charge of £100 will be made for participants that fail to attend without giving at least one week's prior notice (except in extenuating circumstances)
How long is it?	Two full days, one week apart (participants need to attend both days)
How many people?	Maximum 16
About	A regular First Aider responds to people experiencing physical injury. They provide initial help and facilitate access to more specialist support. This course works on the basis that there is a role in our communities for mental health first aiders – people that feel confident to go to someone experiencing emotional distress, provide initial help and guide them towards more specialist support. This accredited evidence-based course covers how to respond to 8 to 18 year-olds experiencing mental and emotional distress.
Expected outcomes	<ul style="list-style-type: none"> <li>• Spot the early signs of a mental health problem</li> <li>• Feel confident helping someone experiencing a mental health problem</li> <li>• Provide help on a first aid basis</li> <li>• Help stop a mental health problem from getting worse</li> <li>• Help someone recover faster</li> <li>• Guide someone towards the right support</li> <li>• Reduce the stigma of mental health problems</li> </ul>
How to book	This course is offered on a first come, first served basis. To book your place, please email <a href="mailto:deborah.sheppard@hertsvalleysccg.nhs.uk">deborah.sheppard@hertsvalleysccg.nhs.uk</a>