

# Youth Mental Health First Aid



Who's it for?	Mental health leads in schools (Senior leaders and Pastoral team). Due to the high demand for this course, places are limited to one representative per school 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 (both days must be completed)
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.
Refreshment	Refreshments are provided but participants should provide their own lunch
Cost	The course is being funded as part of the CAMHS Transformation, venues are kindly being provided by local areas

## Courses will run throughout the year, priority will be given to local schools

Course number	Dates	Location	How to book: Email or book online
1	4th and 5th June	Watford	<a href="mailto:Deborah.sheppard1@nhs.net">Deborah.sheppard1@nhs.net</a>
2	6th and 13th July	Cheshunt	<a href="mailto:do.dspl4@forres.herts.sch.uk">do.dspl4@forres.herts.sch.uk</a>
3	18th and 20th July	St Albans	<a href="mailto:admin@dspl7.org.uk">admin@dspl7.org.uk</a>
4	7th and 14th Sep	Letchworth	<a href="http://nhdspl.org.uk/home/event-list.html">http://nhdspl.org.uk/home/event-list.html</a>
5	21st and 28th Sep	Hemel Hempstead	<a href="mailto:SchoolMHtraining@hertfordshire.gov.uk">SchoolMHtraining@hertfordshire.gov.uk</a>
6	5th and 12th Oct	Stevenage	<a href="mailto:SchoolMHtraining@hertfordshire.gov.uk">SchoolMHtraining@hertfordshire.gov.uk</a>
7	19th and 26th Oct	Hatfield	<a href="mailto:DSPLAdmin@dsplarea5.onmicrosoft.com">DSPLAdmin@dsplarea5.onmicrosoft.com</a>
8	2nd and 9th Nov	Watford	<a href="mailto:SchoolMHtraining@hertfordshire.gov.uk">SchoolMHtraining@hertfordshire.gov.uk</a>
9	16th and 23rd Nov	Cheshunt	<a href="mailto:do.dspl4@forres.herts.sch.uk">do.dspl4@forres.herts.sch.uk</a>
10	30th Nov and 7th Dec	Ware	<a href="https://www.surveymonkey.co.uk/r/YMHFAAutumn2018">https://www.surveymonkey.co.uk/r/YMHFAAutumn2018</a>
11	14th and 21st Dec	Borehamwood	<a href="mailto:SchoolMHtraining@hertfordshire.gov.uk">SchoolMHtraining@hertfordshire.gov.uk</a>
12	9th and 11th Jan	St Albans	<a href="mailto:admin@dspl7.org.uk">admin@dspl7.org.uk</a>
13	18th and 25th Jan	Hemel Hempstead	<a href="mailto:SchoolMHtraining@hertfordshire.gov.uk">SchoolMHtraining@hertfordshire.gov.uk</a>
14	1st and 8th Feb	Letchworth	<a href="http://nhdspl.org.uk/home/event-list.html">http://nhdspl.org.uk/home/event-list.html</a>
15	15th and 22nd Feb	Borehamwood	<a href="mailto:SchoolMHtraining@hertfordshire.gov.uk">SchoolMHtraining@hertfordshire.gov.uk</a>
16	1st and 8th March	Ware	<a href="https://www.surveymonkey.co.uk/r/YMHFAMarch2019">https://www.surveymonkey.co.uk/r/YMHFAMarch2019</a>
17	15th and 22nd March	Watford	<a href="mailto:SchoolMHtraining@hertfordshire.gov.uk">SchoolMHtraining@hertfordshire.gov.uk</a>

**If your local course is full, you may approach another area. For support in relation to making a booking or to be placed on a waiting list, please email [SchoolMHtraining@hertfordshire.gov.uk](mailto:SchoolMHtraining@hertfordshire.gov.uk)**

