

## *Youth Mental Health First Aid*

Healthy Young Minds in Herts



Schools training

Hertfordshire CAMHS School Link

### **Free Youth Mental Health First Aid Training**

When?	2nd & 9th November 2017 9.30-4.00
Where?	St Albans Girls' School, Sandridgebury Lane, St Albans, AL3 6DB. Parking available in the main car park, entrance via the main reception
Who's it for?	Anyone and everyone, most beneficial for teachers and support staff. 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, one week apart
How many people?	Maximum 16 (restricted to 1 per school)
Information	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 prevent someone from hurting themselves or others</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	Email <a href="mailto:admin@dspl7.org.uk">admin@dspl7.org.uk</a>