

What is Mental Health First Aid Youth (MHFA Youth)?

Mental health first aid youth (MHFA Youth) is the help given to a young person experiencing a mental health problem before professional help is obtained.

The aims of MHFA are:

- To preserve life where a person may be a danger to themselves or others
- To provide help to prevent a mental health problem developing into a more serious state
- To promote the recovery of good mental health
- To provide comfort to a person experiencing a mental health problem

MHFA Youth does not teach people to be therapists. However, it does teach people how to recognise the symptoms of mental health problems, how to provide initial help and how to guide a person towards appropriate professional help.

What is MHFA Youth training?

It differs from adult MHFA in that it focuses on both the emotional and well being needs of young people rather than just their mental health issues. It puts what young people want and need at the heart of the training and focuses on promoting their emotional well being and the factors that help safeguard and protect them. It aims to underpin national young people's policy and specifically focuses on some of the key indicators outlined in the 2004 document Every Child Matters: Be healthy; Stay safe; Enjoy and achieve; Make a positive contribution; Achieve economic well being

It also reinforces and promotes the use of the Common Assessment Framework (CAF) - a universal document that is a 'wrap around the child' document for professional and voluntary agencies working with children to use that ensures a comprehensive and regularly reviewed programme of support and care.

How will the course be delivered?

The course will be delivered over **two full days** (you will need to attend both days otherwise you will be invoiced the costs in full unless prior notice received) in four modules, each of which lasts 3½ hours. It consists of a mix of presentations, activities and discussions. Participants will receive a certificate of attendance and a copy of the Mental Health First Aid Youth Manual.

Who should attend?

This course is aimed at Worcestershire's young person's workforce from both the voluntary and statutory sectors e.g. youth workers, providing emotional well being and mental health early intervention and support on to young people. The young people's workforce can play a pivotal role in early intervention for emotional and mental wellbeing, as they are often the first port of call for many young people.

Course dates are:

7th & 14th December

For further details about the course please contact: Amanda Wright Mental Health Development Officer
amandaw@comfirst.org.uk 01684 312754;

Or to book a place please return the enclosed booking form to Andrea Cooper andrea@comfirst.org.uk
01684 312740