

# Youth Mental Health First Aider Training



**All frontline staff; paid or voluntary, working with children in County Durham aged 8—18 years sign up TODAY!**

Youth Mental Health First Aid (MHFA) courses are for staff working with young people aged 8-18. Specifically designed to teach the skills and confidence you'll need to spot the signs of mental health issues in a young person, offer first aid and guide them towards support.

## **After taking the course participants will be able to:**

- Understand young people's mental health and the factors that can affect their wellbeing
- Equip learners with the knowledge to help a young person recover by guiding them to further support
- Use enhanced interpersonal skills such as non-judgemental listening
- Spot the triggers and signs of mental health issues

**Book your place NOW by emailing [publichealth@durham.gov.uk](mailto:publichealth@durham.gov.uk)**

### **Available courses in early-May:**

- **9th 10th 16th 17th May (am)**
- **9th 10th 16th 17th May (pm)**
- **10th 11th 17th 18th May (pm)**
- **11th 12th 18th 19th May (am)**

### **Available courses in mid-May:**

- **11th 12th 18th 19th May (pm)**
- **16th 17th 23rd 24th May (am)**
- **16th 17th 23rd 24th May (pm)**

**Please book ASAP to secure a place**

### **Course information:**

- The course sessions will be delivered virtually via an online training hub.
- There will be two 2.5hour sessions per week for two weeks
- There is some additional guided learning totalling 6 hours over the duration of the course.
- Participants must be able to attend all four live virtual sessions.
- All AM courses have sessions 9.30 am – 12 pm.
- All PM courses have sessions 2 – 4.30 pm.