mhfa
mental health first aid youth

Youth Mental Health First Aid

Why is it important?

- 1 in 10 young people experience emotional and mental health problems
- By the time young people become adults the incidence of mental health problems rises to somewhere between 1 in 4 and 1 in 6 people.
- For those aged 15-24 suicide is the second most common cause of death
- In 2002/3 the economic and social cost of mental health problems in England was £77 billion
- People are not well informed and are unwilling to discuss issues
- Young people don’t know who to turn to
- Professional help is not always on hand
- Evidence that early intervention is hugely beneficial

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Aims of Youth MHFA

- To preserve life where a young person may at risk
- To provide help to prevent emotional and mental health problems developing into a more serious state
- To promote the recovery of good mental health and emotional well-being
- To provide comfort to a young person experiencing an emotional and mental health problem
- To raise awareness of young people's emotional and mental health issues in the community
- To reduce stigma and discrimination

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Background

- The Centre for Mental Health Research at the Australian National University, Betty Kitchener and Professor Anthony Jorm
- 15 countries around the world
- Scottish Mental Health First Aid
- England Mental Health First Aid
- Introduced to England by National Institute of Mental Health in England (NIMHE) in 2007
- Australian Youth MHFA adapted for England – 2010

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Course content

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How is it be delivered?

- Youth MHFA is a 14 hour course.
- Delivered by trained instructors
- Delivered over two days or as twilight and lunch time sessions in 4 - 8 modular sessions
- Delivered in schools, youth settings, or any suitable accommodation to suit the target audience

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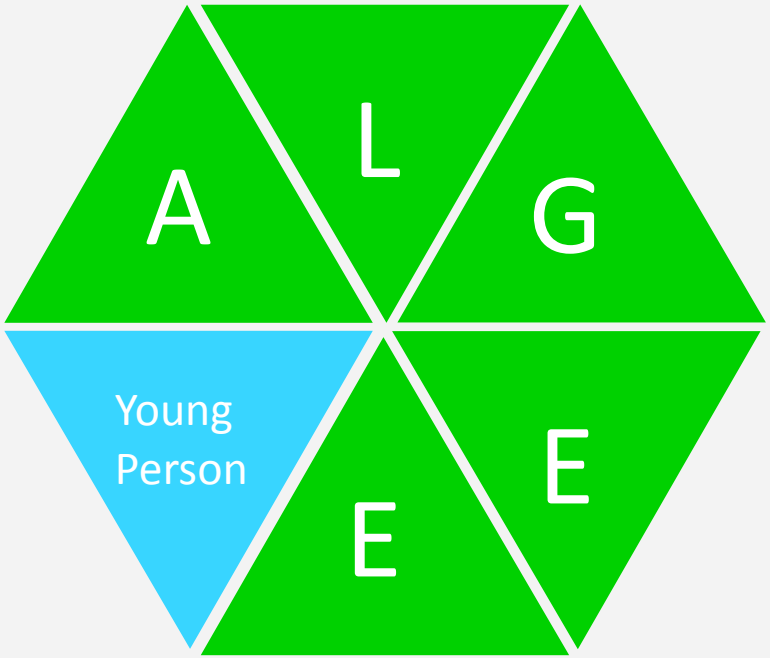
Youth MHFA action plan



- **A**sk, Assess, Act
- **L**isten non-judgementally
- **G**ive reassurance and information
- **E**nable the young person to get appropriate professional help
- **E**ncourage self-help strategies

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Progress and developments

- Youth MHFA Instructors: 37 Approved and 103 in training
- Youth Mental Health First Aiders: 3083
- Youth MHFA Pilot Mark of Excellence Award 2011

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What people are telling us…

"I'd forgotten how articulate young people are"

"An invaluable addition to anyone's toolkit when working with young people"

"This is vital training for those working in education and youth services"

"This is the best course I've been on"

"This has changed the way I listen to and work with young people"

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Contact details and further information

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