



Youth Mental Health First Aid

COMMUNITY INTEREST COMPANY

Use your independence to offer the best support for your young people...

This course is for people who want to understand mental health problems for better educating, advising or caring for young people (11-18 years). Those with responsibilities for them need to know where and when to go to get help.

This excellent value course aims to equip you with hands-on, practical knowledge and tools, to readily use to assist young people experiencing mental health problems. It can be held over two days or in weekly sessions.

It creates a constructive learning space where participants explore, uncover and discuss depression, suicide, self harm, eating disorder, alcohol and substance misuse, bullying - and good mental and



Take care of your young students to help them achieve more...

Mental health problems are actually very common in young people and often not dealt with in the best way. We acknowledge the stigma involved and help you face and demystify mental health and raise your awareness of prevention and early intervention.

Many young people are not well informed about such problems and fail to seek help, lacking the knowledge about the resources available to them.

The helper's action may determine how quickly the young person with the problem helps himself or herself, or gets external help to recover. Youth MHFA aims to provide participants the necessary basic skills to take the right action at the right time.



The course has a deliberate fit with national policy and practice standards

The course promote better use of Common Assessment Framework (CAF), SEAL, Healthy Schools and TaMHS. It also has a particular focus on vulnerable groups of young people including Looked After Children (LAC).

The MHFA (Mental Health First Aid) programme is internationally recognised and offered in 16 countries worldwide. This newly youth version for England is specifically designed to give you what you need to provide immediate support to those you have a responsibility for, and to enable the preservation of life where a young person may be a danger to themselves or others.

KSL is a social enterprise for individuals and organisations in health, social care and children services. We employ a number of the Youth MHFA instructors who are either in training or approved by **MHFA England**.



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