



# Youth Mental Health First Aid® Training to support young people from age 7 to 25

This Mental Health First Aiders® course will provide you with a more in depth understanding of specific mental health issues and is delivered in four manageable sessions:

- What is Mental Health?
- Depression and Anxiety
- Suicide and Psychosis
- Self-Harm and Eating Disorders



## Youth MHFA® In Education

We believe that the most effective way to safeguard young people and foster a whole school wellbeing is to train a blend of staff in all schools. Our goal is for these vital skills to be part of initial teacher training so that every young person has access to a Youth Mental Health First Aider®

**You need to attend all 4 sessions to qualify as a  
Youth Mental Health First Aider®**

**Dates: Wednesdays 8th 15th 22nd 29th January 2025**

**Times: 09:30 to 13:30 includes refreshment breaks**

**Venue: Online using the zoom platform - link will be emailed upon booking your place - a contribution of £40 pp is required to cover materials & postage**

ECVYS members would be welcome to apply for 50 for 50 Training Support Grant to cover the cost of the materials: <https://ecvys.org.uk/training-and-grants/>



## Contact us to book your place:



**07908616149**



**INFO@LESLEYBAILEYTRAINING.CO.UK**



**WWW.HEADS2MINDS.CO.UK**

