



YOUTH MENTAL HEALTH AWARE



This introductory **three-hour** session raises awareness of young people's mental health and has been **specially adapted to be delivered online over Zoom**. It covers:

- Some of the common mental health issues affecting young people, including depression, anxiety, eating disorders and psychosis
- Skills to work more effectively with young people living with mental health issues
- Ways to support young people with a mental health issue and relate to their experiences

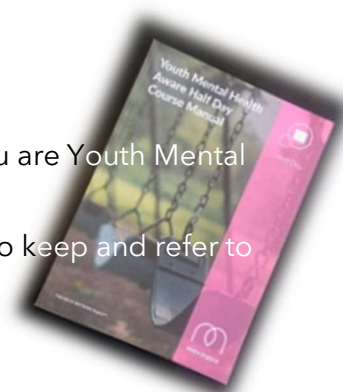
Format

- Learning takes place through a mix of presentations, group discussions and videos
- We limit numbers to 12 people per course so that the instructors can keep people safe and supported while they learn

Takeaways

Everyone who completes the session gets:

- A certificate from MHFA England to say you are Youth Mental Health Aware
- A comprehensive MHFA England manual to keep and refer to whenever you need it



Programme content

- Higher or lower activity
- What is mental health?
- Protective and risk factors
- Stigma and discrimination
- Mental Health Continuum
- Protective and risk factors case studies
- Self-harm and suicide
- Signs and symptoms of mental ill health in young people
- Stress Container
- Hand Model of the Brain
- Take Time Together
- Signposting to professional and self-help
- Safeguarding
- Recovery
- Self-awareness and self-care
- Action for Happiness: GREAT DREAM
- Personal pledge
- Wider perspective



YOUTH MENTAL HEALTH AWARE



Your trainers

MHFA England offer a range of courses tailored for people who teach, work, live with and care for young people aged 8 to 18. The courses can be attended by anyone from age 16 upwards. Every MHFA course is delivered by a quality assured instructor. **Jane Neil and Kathryn England** have been delivering MHFA training since July 2017 and **have trained over 1000 people during that time.**



Costs

As our valued partners, we would like to offer this training opportunity to you at cost.

That is **£15 per person** for the Official MHFA manual and postage.

Please contact

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for further details and to sign up for the course.

Lifespace's response to Covid-19 is being supported by



Lifespace is a charity registered in England and Wales No.6425920

Find out more at www.lifespace.org.uk