

Youth Mental Health First Aid Training

This 14 hour course (2 days) will teach you how to:

- Spot the early signs of a mental health problem in young people
- Feel confident helping a young person experiencing a problem
- Provide help on a first aid basis
- Help protect a young person from hurting themselves or others
- Help prevent a mental illness from getting worse
- Help a young person recover faster
- Guide a young person towards the right support
- Reduce the stigma of mental health problems



The course is aimed at anyone who cares for young people aged 11-18 years old who either live or work in Blackburn with Darwen.

Courses are available for frontline staff or community members with no previous mental health training who care for 11-18 year olds.

Early booking is recommended as demand for places is high!

Applications are invited from front line staff with no previous training in mental health who would like to attend a certified two day course. Places (Recommended Retail Price of £175) have been funded by NHS Blackburn with Darwen for a limited time only. Please note that lunch will not be provided.

To review course dates and book a place, please click on the following link:
<http://www.eventzilla.net/web/organizer.aspx?ClientID=201107162138>

Mental Health First Aid England, the licensed organisation for MHFA, has allowed NHS Blackburn with Darwen volunteer Trainers to deliver the YMFA course.