Youth Mental Health First Aid
2 day Training Course

Become a Youth Mental Health First Aider with Salford Thrive

Mental health issues, such as depression, anxiety and eating disorders are common and often start a young age. Youth Mental Health First Aid is a practical framework to support the mental health and wellbeing of young people you work with.

As a First Aider you will have:

- Knowledge and confidence to provide Mental Health First Aid for the most common mental health issues
- An understanding of how to help build a mentally healthy workplace, challenge stigma and support positive wellbeing.

Aims of the course

- Encourage people to challenge the language we use around mental health
- Explore our different frames of reference and the stigma attached to mental health
- Help people to understand what good mental health looks like
- Explore the factors that can have an impact on our mental health
- Look at how to support yourself and others with self-care, giving the skills to influence your own mental health and help prevent mental ill health
- Teach how to intervene (including in a crisis), reassure and signpost to further support
- Teach about diagnosable mental health conditions, what unwell looks like and how to spot these signs in yourself and others
- Talk about what to do if you think someone is unwell and the steps to take for early intervention
- Talk about recovery from mental illness and looking forward

Who should attend?

People who work directly with children and young people.

Please note this is a 2-day course and attendance is expected on both days

Course Date	Time	Number of places available	Closing date for applications	
Monday 7th & Tuesday 8th November 2022	9am – 5pm	16	14th October 2022	Application Form

Places are not guaranteed, this will depend on the number of applications received and to ensure multi-agency representation. Confirmation that a place has been allocated and details of the venue will then be forwarded to the nominee. You will be informed if the nominee does not attend the course.