

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. The courses are tailored for people who work, live with or care for young people aged 8-18. The course is delivered by quality assured instructors.

Research and Evaluation shows that taking part in a MHFA course:

* Raises awareness of mental health literacy
* Reduces stigma around mental ill health
* Boosts knowledge and confidence in dealing with mental health issues
* Promotes early intervention which enables recovery

**Youth MHFA One day course**

Youth Mental Health First Aid (MHFA) Champions learn about a range of mental health issues and how to identify when a young person might be experiencing a mental health issue and develop the confidence to guide them to places of support.

* Youth MHFA Champions are invaluable in providing early intervention to help a young person who may be developing a mental health issue
* Youth MHFA Champions can offer initial support through non-judgmental listening, reassurance and guidance
* Youth MHFA Champions are encouraged to take on a role as a mental health advocate within their school to encourage adoption of approaches to ‘whole school’ wellbeing and to build on such approaches that may already be in place.

The course covers, What is Mental Health? Depression and Anxiety, Suicide and Psychosis, Self-harm and Eating Disorders. Youth MHFA Champions are trained to spot the early signs and symptoms of mental ill health in young people.

Everyone who completes the course receives a Youth MHFA manual to refer to whenever they need it and a certificate to say they are a Youth Mental Health First Aid Champion.

**Nottingham City MHFA One Day Course Dates** All courses at Loxley House 8.30am-4.30pm

Fri 11th Jan 2019

Wed 15th May 2019

Fri 28th June 2019

Please complete the application form and return to jane.hyland@nottinghamcity.gov.uk