

Youth Mental Health First Aider

Learn to support young people.

- gain an in-depth understanding of mental health and factors that affect wellbeing in the youth sector
- develop practical skills to spot the triggers and signs of mental health issues
- feel confident to step in, reassure and support a young person in distress
- enhance your interpersonal skills such as non-judgemental listening and learn to champion self-care.

This training course requires some independent pre-course learning of approximately 1 to 2 hours

Places are limited so please do not delay booking.

Booking Information

This training is for staff who are supporting Adult Mental Health in schools.

This training costs £30pp to attend the online session and up to £50 for the face to face sessions.

Please note that attendance on both days of training is mandatory.

8th and 9th October

9am-5pm

Face to face Training

[**Book here**](#)

17th and 18th December

9am-5pm

Online Training

[**Book here**](#)

4th and 7th February

9am-5pm

Online Training

[**Book here**](#)

14th and 16th May

9am-5pm

Face to face Training

[**Book here**](#)