



**OUR LADY
OF LOURDES**

CATHOLIC MULTI-ACADEMY TRUST

Youth Mental Health First Aider Training

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

Online Event

9am-5pm over two dates.

Attendance is required on both days.

- 1st May
- 2nd May

Cost £35pp

[**Book here**](#)



MHFA England