



**Youth  
Mental Health  
First Aid**

## What is Youth MHFA?

Youth MHFA is an internationally recognised training programme designed specifically for people who teach, work, live with or care for young people aged 8 – 18. The training programme is delivered by qualified Youth MHFA instructors who provide information, tools and techniques to promote a young person's mental and emotional wellbeing. This October will see the relaunch of the Youth MHFA course with an additional specific one day course for schools and a three hour Lite version.

## Why Youth MHFA?

- \_ 1 in 10 young people experience emotional and mental health problems
- \_ By the time young people become adults the incidence of mental health problems rises to somewhere between 1 in 4 and 1 in 6 people.
- \_ For those aged 15-24 suicide is the second most common cause of death
- \_ There is evidence to suggest early intervention is hugely beneficial

## How Youth MHFA can make a difference?

- \_ Youth MHFA teaches practical skills that be can used every day
- \_ It gives a deeper understanding of the complex issues relating to young people and mental health
- \_ It helps people recognize the symptoms of mental health problems and enables them to provide initial help
- \_ It enables a young person to access appropriate professional help
- \_ MHFA England has a proven track record and demonstrates its effectiveness through evaluation

## Testimonials:

*"The 2 day course completely changed my thoughts and the way I speak with young people I come into contact with. I see beyond what we "think" we see."*

*"One of the best courses I have done".*

*"Has given me confidence to tackle issues head on - sometimes need to ask straight questions. Very useful manual."*

**Contact [info@mhfaengland.org](mailto:info@mhfaengland.org) to book your course or for more information.**