

# Youth Mental Health First Aid



# Aims of Youth MHFA

- To preserve life where a young person may be a danger to themselves or others
- To provide help to prevent emotional and mental health problems developing into a more serious state
- To promote the recovery of good emotional and mental health
- To provide comfort to a young person experiencing an emotional and mental health problem
- To raise awareness of young people's emotional and mental health issues in the community
- To reduce stigma and discrimination



# Background

- The Centre for Mental Health Research at the Australian National University, Betty Kitchener and Professor Anthony Jorm
- 21 countries around the world
- Scottish Mental Health First Aid
- English Mental Health First Aid
- Introduced to England by National Institute of Mental Health in England (NIMHE) in 2007
- Australian Youth MHFA adapted for England – 2010

# The design and development

- 2009 – 2010
- Design team
- Pilots and evaluation
- Filming
- Youth national trainers
- Instructor programmes planned
- New Instructors
- Extension programme for existing instructors

# Why is it important?

- 1 in 10 young people experience emotional and mental health problems
- For those aged 15-24 suicide is the second most common cause of death
- 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.
- In 2009/10 the economic and social cost of mental health problems in England was £105.2 billion
- People are not well informed and are unwilling to discuss issues
- Young people don't know who to turn to
- Professional help is not always on hand
- There is evidence to suggest early intervention is hugely beneficial



# Who is it for?

- The MHFA Youth course recognises the specific emotional and mental health issues that young people face
- It is specifically designed and recommended for adults working with or caring for young people aged 11-18 years:
- Teachers and support staff in schools and other settings
- School Nurses
- Youth Workers, Connexions and parent support advisors
- Foster Carers
- Care workers
- Those working in the voluntary sector e.g. Barnardo's and Parent line plus
- Youth offending teams
- Police and Probation

# Supporting policy?

The MHFA Youth course has been designed to underpin and help deliver key national policies and areas of best practice.

## Including:

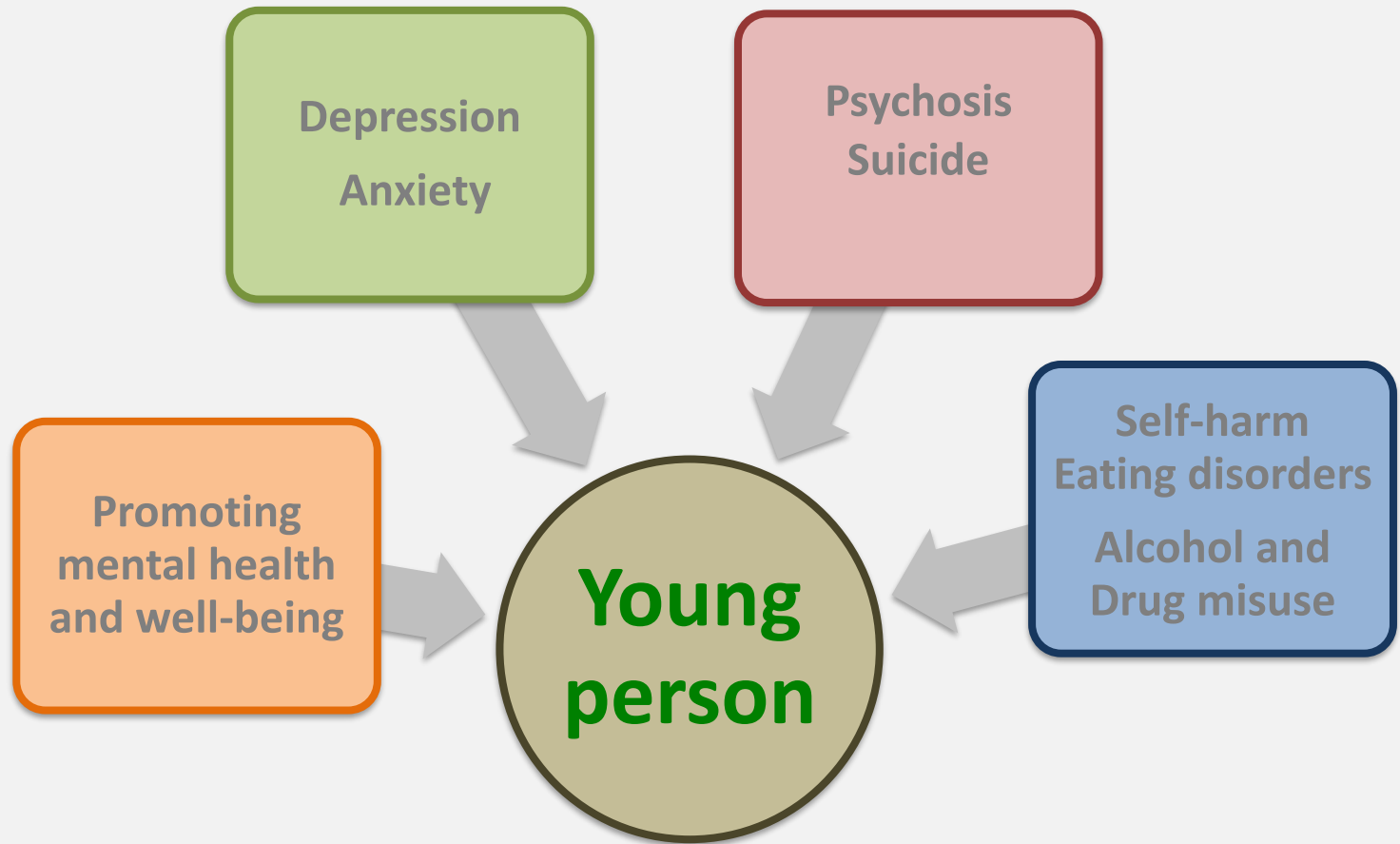
- Every Child Matters 2003
- The Children's Plan: Building Brighter Futures 2004
- National Service Framework for Children, Young People and Maternity Services 2004
- Healthy Lives, Brighter Futures: The strategy for children and young people's health 2008
- New Ofsted Framework 2009
- Healthy Schools plus/Enhanced Model 2009

# How will it be delivered?

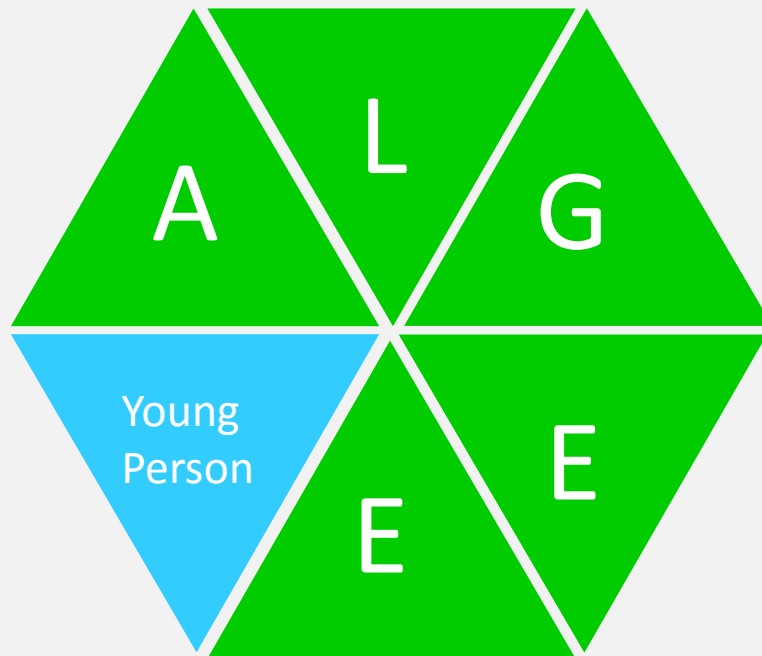
- Youth MHFA is a 14 hour course.
- Delivered by trained instructors
- Delivered over two days or as twilight and lunch time sessions in 4 - 8 modular sessions
- Delivered in schools, youth settings, or any suitable accommodation to suit the target audience



# Course content



# Youth MHFA action plan



- **A**sk, **A**ssess, **A**ct
- **L**isten non-judgementally
- **G**ive reassurance and information
- **E**nable the young person to get appropriate professional help
- **E**ncourage self-help strategies



# Youth Mental Health First Aid





# Contact details and further information

Instructor :  
Dr/Mr/Mrs??????

Address :  
Fill in????

Phone number/and or email address:  
?????  
?????



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