

**Youth MHFA
course outline**

Section_01

- England's Child Health Care Policy
- Definition of mental health
- Adolescent development
- Common youth mental disorders
- Preventing mental health problems
- Promoting well-being and protective factors
- The Youth MHFA Action Plan

Section_02

Anxiety & Depression

- What are anxiety and depressive disorders?
- Signs and symptoms
- Crisis first aid for panic attacks
- Treatment and resources

Section_03

Suicide

- The facts about suicide
- Possible warning signs
- Crisis first aid for suicidal behaviour

Psychosis

- What is psychosis?
- Signs of psychosis
- Action planning for using MHFA
- Crisis first aid for acute psychosis
- Treatment and resources for psychosis

Section_04

Self-harm, substance misuse and eating disorders

- What is it
- Why is it important
- Possible causes
- Signs and symptoms
- Treatment and resources
- Action Planning using MHFA