

MENTAL HEALTH FIRST AID TRAINING

**1 DAY CHAMPION COURSE
FOR PARENTS & CARERS OF
8 TO 18-YEAR-OLDS
FREE TRAINING
09:30AM - 16:00PM**



WHAT YOU WILL LEARN

- AN UNDERSTANDING OF COMMON MENTAL HEALTH ISSUES AND HOW THEY CAN AFFECT YOUNG PEOPLE
- ABILITY TO SPOT SIGNS OF MENTAL ILL HEALTH IN YOUNG PEOPLE AND GUIDE THEM TO A PLACE OF SUPPORT
 - KNOWLEDGE AND CONFIDENCE TO ADVOCATE FOR MENTAL HEALTH AWARENESS
 - SKILLS TO SUPPORT POSITIVE WELLBEING

COURSE STRUCTURE

SESSION 1- ABOUT, WHAT IS MENTAL HEALTH AND MENTAL ILL HEALTH, STIGMA AND DISCRIMINATION, DEPRESSION AND SUICIDE.

SESSION 2 MENTAL HEALTH CONDITIONS: ANXIETY, SELF-HARM, EATING DISORDERS, PSYCHOSIS, RECOVERY, RESILIENCE

**For further information please contact:
hweicbhv.schoolsmh@nhs.net**

YOUTH MENTAL HEALTH FIRST AID TRAINING



BOOKING LINKS

1 DAY CHAMPION COURSE FOR PARENTS/CARERS

09:30AM - 16:00PM

Dates	Location	Booking Link	Parking
1st February 2023	Robertson House, Stevenage	Booking Link	On site parking
17th March 2023	Hobbs Hill Wood School, Dacorum	Booking Link	On site parking
21st April 2023	Robertson House, Stevenage	Booking Link	On site parking

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Places are limited to two representatives per school