

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
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19th May 2023	The Hub, Fleetville Junior School, St Albans	Booking Link	Limited on site parking
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15th June 2023	The Pod, Northfields Infant and Nursery School, Letchworth	Booking Link	Parking available on surrounding roads
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4th July 2023	Oak Suite , Peartree Spring Primary School, Stevenage	Booking Link	
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