

YOUTH MENTAL HEALTH FIRST AID COURSE

AIMS OF YOUTH MENTAL HEALTH FIRST AID

- 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 or mental health problem.
- To raise awareness of young people's emotional and mental health issues in the community.
- To reduce stigma and discrimination.

WHY IS IT IMPORTANT?

- 1 in 10 young people experience emotional and mental health problems.
- For those aged 15-24 suicide is the 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 2002/3 the economic and social cost of mental health problems in England was £77 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.
- Evidence suggests early intervention is hugely beneficial.

WHO IS IT FOR?

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 eg: Banardos and Parentline Plus
- Youth offending teams
- Police and Probation Services

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 and Healthy Schools Plus/Enhanced Model 2009.

Special introductory course fee

50% reduction!

**Only £90 per person for the full
2-day course.
(Lunch included)**

**Places are limited. Book early to take advantage of
this not to be repeated offer!**

YOUTH MENTAL HEALTH FIRST AID TRAINING DATES & VENUES 2011

Tuesday 30th & Wednesday 31st August 2011:

Bath Mind Training Room, 13 Abbey Church Yard, Bath, BA1 1LY
(no level access)

Monday 31st October & Tuesday 1st November 2011:

Bath Mind Training Room, 13 Abbey Church Yard, Bath, BA1 1LY
(no level access)

All training days begin promptly at 9.30am and end at 3.30pm

To reserve a place, please complete and return the booking form with the course fee as soon as possible. (Cheques payable to Bath Mind)

Bath



For better
mental health

YOUTH MENTAL HEALTH FIRST AID TRAINING BOOKING FORM

APPLICANT DETAILS			
Title		First name	Last Name
Address			Telephone
Postcode			e-mail
Course dates:			
Do you have any special dietary requirements?			
Do you require large print course materials?		YES / NO	

ORGANISATION DETAILS (if applicable)	
Your Role	
Organisation name	
Address	
Postcode	
Telephone	

Please return this completed form (enclosing payment: cheques payable to Bath Mind) by post to –

YMHFA Course

Bath Mind

13 Abbey Church Yard

Bath

BA1 1LY

For enquiries or further information, please telephone 01225 316199
or e-mail admin@bathmind.org.uk

Visit our website at www.bathmind.org.uk

If you need to cancel your pre-booked place on a course, please inform Bath Mind as soon as possible so that your place can be offered to someone else.

50% of fees will be refunded for cancellations providing more than 30 days notice.

The full course fee will be retained for cancellations giving less than 30 days notice