

Course Title: Mental Health First Aid – Youth

Duration: 2 Days

Broad Aims: This course is for anyone who would like a better understanding of mental health conditions and to discuss the principles of Mental Health First aid towards young people.

Overview

The 12 hour AMHFA (Wales) course teaches anyone how to provide Mental Health First Aid to young people.

Mental Health First Aid is the help provided to a young person who is developing a mental health problem, experiencing a worsening of an existing mental health problem, or in a mental health crisis. The first aid is given until the appropriate professional help is received or the crisis resolves

The Youth Mental Health First Aid (Wales) course is based on international MHFA Guidelines. Curriculum content is evidence-based, with the input of mental health professionals, researchers, and consumer advocates.

As a participant, you will gain improved knowledge of mental illnesses and their interventions, knowledge of appropriate first aid strategies, and confidence in helping individuals experiencing a mental health problem.

Learning Outcomes: By the end of the day, learners will be able to:

- Define the difference between mental health and mental illness.
- Dispel some of the incorrect stereotypes that surround mental health and mental illness.

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| <ul style="list-style-type: none">• Discuss how we can support a young person with mental health illness• Explore our own attitudes and perceptions towards mental health and mental illness.• Describe some of the common illnesses• Discuss suicide and non-suicidal self-injury and its impact• Explain the term 'Mental Health First aid'• Discuss ways to support a young person in a mental health crisis | |
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