

**IMAGINE  
INDEPENDENCE**

valuing people  
challenging stigma  
transforming lives

## Youth MHFA 2 day Courses



**£125 per person**

To book, please use the link below for the date you require or copy the link into your browser.

### **3<sup>rd</sup> & 10<sup>th</sup> February**

<https://mhfaengland.org/book-a-course/course-details/?id=cdddf1de-6e30-ea11-8454-2818786f1416>

### **12<sup>th</sup> & 13<sup>th</sup> March**

<https://mhfaengland.org/book-a-course/course-details/?id=73de4bde-6f30-ea11-8454-2818786f1416>

### **2<sup>nd</sup> & 3<sup>rd</sup> April**

<https://mhfaengland.org/book-a-course/course-details/?id=8db351b9-7130-ea11-8454-2818786f1416>

For enquiries please email Antony Dowell on [adowell@imagineindependence.org.uk](mailto:adowell@imagineindependence.org.uk)

Or call on 10517092366 / 07816131027

**Please enquire about group discounts**

#### **Two day Youth MHFA Course**

Ask about discounts and special offers.

Our Youth MHFA England Two Day course qualifies you as a Youth Mental Health First Aider.

Youth Mental Health First Aiders have:

- An in depth understanding of young people's mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a young person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help a young person recover their health by guiding them to further support – whether that's through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate
- Ability to support a young person with a long term mental health issue or disability to thrive
- Tools to look after your own mental wellbeing

**What to expect:**

We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn.

Learning takes place across four manageable sessions. Through a mix of group activities, presentations and discussions, each session is built around a Youth Mental Health First Aid action plan.

**When you complete the course you will get:**

- A Youth MHFA manual to refer to whenever you need it
- A workbook including some helpful tools to support your own mental health
- A certificate of attendance to say you are a Youth Mental Health First Aider