

**Mental Health First Aid**

**Mental Health First Aid Training**

**“**Excellent course – fully loaded with extremely useful information and strategies I can use in my workplace to support young people**”**

**“**Thoroughly enjoyed the sessions and look forward to using strategies in school**”**

The Training Suite  
Hopwood Primary

£250 + Vat

£156 for REAL Trust members

Research has shown (Public Health England) that the children with greater wellbeing and lower levels of mental health issues achieve higher grades, better examination results, better attendance, and drop out of school less frequently.

**What the DFE says** – Mental health and behaviour in schools November 2018: Schools have an important role to play in supporting the mental health and wellbeing of children by developing whole school approaches tailored to their particular needs, as well as considering the needs of individual pupils. It is important that schools promote good mental health wellbeing for all pupils.

Everyone who completes the 2-day course will receive a copy of the Youth MHFA manual.

**Autumn Term:**

17th & 19th September 2019 9.30am – 4.30pm

**Spring Term:**

14th & 16th January 2020 9.30am – 4.30pm

**Summer Term:**

9th & 11th June 2020 9.30am – 4.30pm

The Mental Health First Aid Training aims to provide teachers and other professionals working with young people, the skills and confidence to spot common signs and triggers of mental health issues, as well as the knowledge and confidence to help. Through a mix of presentations, discussions and activities, the course will cover these key topics:

• What is mental health?

• Depression and anxiety

• Suicide and psychosis

• Self-harm and eating disorders