

## Mental Health First Aid Champion

### Mental Health First Aid Training

For schools who already have a trained Mental Health First Aid Lead, the one-day Champion course is intended to provide training for additional members of their staff. This will help schools to build a team with knowledge in the issues of youth mental health to provide effective support for the school's Mental Health First Aid Lead



### FIRST AID

### Session Details

Following completion of the day participants will get a MHFA manual to keep and refer to whenever needed and a Youth MHFA Champion certificate.

#### Summer Term:

22<sup>nd</sup> April 2020

9.30am – 4pm

### Course Content

#### The one-day Youth MHFA Champion course will provide:

- An understanding of common mental health issues and how they can affect young people
- Knowledge and confidence in dealing with mental health issues on a first aid basis
- A level of awareness to effectively 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
- An understanding of how to effectively support the school's Mental Health First Aid Lead

**VENUE:** The Training Suite  
Hopwood Primary

**PRICE:** £125 + Vat  
£78 for REAL Trust members