



MENTAL HEALTH FIRST AID

The Government is committed to ensuring that all children and young people, no matter where they live, have access to high-quality mental health and wellbeing support linked to their school or college and their vision is set out in the Transforming Children and Young People's Mental Health Provision: Green Paper December 2017.

Key elements of this commitment are to ensure "a member of staff in every primary and secondary school in England receives mental health awareness training" and "every school and college identifies a Designated Senior Lead for Mental Health to oversee the approach to mental health and wellbeing."

Course Content:

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

Course Outcomes:

The training will discuss how to:

- Listen to a young person non-judgementally
- Assess the risk of suicide and self-harm in a young person
- Escalate to the appropriate Lead in the school and to emergency services if necessary
- Maintain confidentiality as appropriate
- Protect yourselves whilst performing their role

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

COURSE INFORMATION:

Hopwood C P School
Magdala St,
Heywood,
OL10 2HN.
01706 360494

DATE:

Day 1: Tuesday 7th May
2019

Day 2: Wednesday 8th
May 2019

TIME:

9.30am – 4.30pm

COURSE LEADER

Jackie Lloyd

DELEGATE COST

£250 + Vat

£156 for REAL Trust members

BOOK YOUR PLACE TODAY:

Email: archalliance@hopwood.rochdale.sch.uk or
www.archalliance.co.uk

