



# MENTAL HEALTH FIRST AIDER

## HOW TO BOOK:

Please email:

[MHFA@raedwaldtrust.org](mailto:MHFA@raedwaldtrust.org)

## COST:

£150 per participant

## ALL DELEGATES RECEIVE:

- A workbook during training
- A mental health manual to take away
- A MHFA England certificate

For more details please phone Laura Leeder on 01473 550472.

**The Raedwald Trust are delighted to be offering the full 2 day Mental Health First Aid Training on the following dates:**

23<sup>rd</sup> & 24<sup>th</sup> March 2020 – East Bergholt

23<sup>rd</sup> & 24<sup>th</sup> April 2020 - Claydon

20<sup>th</sup> & 21<sup>st</sup> May 2020 – East Bergholt

15<sup>th</sup> & 16<sup>th</sup> June 2020 – East Bergholt

16<sup>th</sup> & 17<sup>th</sup> July 2020 – Location TBC

## MHFA Youth Course provided by Mental Health England

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. The two-day Youth course is tailored for people who teach, work, live with and care for young people ages 8 to 18. This course qualifies delegates 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 triggers and signs of mental ill health
- 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
- Ability to support a young person with a long-term mental health issue or disability to thrive
- Tools to look after one's own mental health

## The course is delivered in 4 sections:

About mental health; Depression and Anxiety; Suicide and Psychosis; Self-Harm and Eating Disorders

In addition, it focusses on the issues faced by young people today, such as cyber bullying and substance misuse, and teaches how to promote protective factors and good parenting.



**MHFA England**

[www.raedwaldtrust.org](http://www.raedwaldtrust.org)