



# Youth Mental Health First Aid Training



**Are you the mental health lead or responsible for wellbeing in your school or educational setting? Do you need support to boost wellbeing for children, young people and staff?**

We have an exciting opportunity to support you around developing mental health and emotional wellbeing. The Youth Mental Health First Aid (YMHFA) training is an accredited qualification and a great opportunity to increase your knowledge and awareness of a range of mental health issues related to children and young people.

The course will equip you with:

- An understanding on young people's mental health and the factors that can affect their wellbeing
- The knowledge to help a young person recover by guiding them to further support
- Enhanced interpersonal skills such as non-judgemental listening
- Spotting the triggers and signs of mental health issues
- Feeling confident to step in, reassure and support a young person in distress

**One place available per setting**

(spaces are limited)

**To register your interest please scan the QR code or visit**

**<https://healthandwellbeingframework.net/>**



The course will be delivered virtually with four sessions across two weeks (2 and ½ hours per session) with dates available from **October 2021 until March 2022**.

All morning sessions will run from 9:30am – 12pm and all afternoon sessions will run from 2 – 4:30pm.

For more information about the course, accessibility requirements and any questions please contact [publichealth@durham.gov.uk](mailto:publichealth@durham.gov.uk)