

MHFA

Youth Mental Health First Aid

Youth Mental Health First Aid (MHFA) courses are for individuals who work with or support young people aged 8 to 18. The course teaches the skills and confidence to help spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need.

Our Youth MHFA 2-Day course qualifies you as a Youth Mental Health First Aider.

Learning takes place across 4 topics:

- Youth Mental Health First Aid
- Depression and anxiety
- Suicide and psychosis
- Self-harm and eating disorders

Everyone who completes a 2-day course will get an MHFA manual and a certificate

To book a place and for further information please email Mental.Health.Training@derbyshire.gov.uk

The course is free for statutory, community and voluntary sector organisations working with Derbyshire county residents. Other organisations please email Mental.Health.Training@derbyshire.gov.uk for information on costs.

