

# Child and Adolescent Mental Health (CAMH) Training



## Youth Mental Health First Aid

Our Youth MHFA course is an internationally recognised 2 day course designed specifically for those people that teach, work, live with or care for young people aged 8 to 18 years

You will learn how to

- Provide information, tools and techniques to promote a young person's mental and emotional wellbeing
- Support a young person who might be experiencing mental and emotional distress

Our Youth MHFA course is split into four manageable chunks. These are:

- What is mental health?
- Depression and anxiety
- Suicide and psychosis
- Self-harm and eating disorders

In each section you'll learn how to:

- Spot the early signs of a mental health issue in young people
- Feel confident helping a young person experiencing mental ill health
- Provide help on a first aid basis
- Help protect a young person who might be at risk of harm
- Help prevent a mental health issue from getting worse
- Help a young person recover faster
- Guide a young person towards the right support
- Reduce the stigma of mental health issues

Everyone who attends the course will receive a copy of the Youth MHFA manual and workbook, which are both excellent support resources. When you have completed the course you will receive a certificate to confirm that you are a trained Youth Mental Health First Aider

### Dates

- 25<sup>th</sup> and 26<sup>th</sup> July 2018 – eSpace North, Ely
- 8<sup>th</sup> and 9<sup>th</sup> August 2018 – Cathedral Centre, Ely
- 15<sup>th</sup> and 16<sup>th</sup> August 2018 – eSpace North, Ely
- 22<sup>nd</sup> and 23<sup>rd</sup> August 2018 – eSpace North, Ely

To book a place please email [fiona.holloway-parks@nhs.net](mailto:fiona.holloway-parks@nhs.net)

