



Everything you need to know about Youth MHFA.

Information about Youth MHFA

Youth Mental Health First Aid (Youth MHFA) is an internationally recognised course designed specifically for those people that live, work or care for young people aged 11 – 18.

Mental Health First Aid England CIC have adapted the course to be specific for young people in England.

The course provides information and training to promote a young person's mental and emotional wellbeing and to enable participants to support a young person who might be experiencing mental and emotional distress.

A Youth MHFA course will teach you how to:

- _ Spot the early signs of a mental health problem
- _ Feel confident helping someone experiencing a problem
- _ Provide help on a first aid basis
- _ Help prevent someone from hurting themselves or others
- _ Help prevent a mental health illness from getting worse
- _ Help someone recover faster
- _ Guide someone towards the right support
- _ Reduce the stigma of mental health problems

For more information about Youth MHFA, how to find a course or how to train to be an instructor, please visit the MHFA England website (www.mhfaengland.org) or email info@mhfaengland.org.

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