MHFA England Youth Champions One Day course

This one day course qualifies people as Youth MHFA Champions, giving them:

* An understanding of common mental health issues and how they can affect young people
* Ability to spot signs of mental ill health in young people and guide them to a place of support
* Knowledge and confidence to advocate for mental health awareness
* Skills to support positive wellbeing

**Format**

* One day face to face course
* Learning takes place through a mix of presentations, group discussions and workshop activities
* We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn

**Takeaways**

Everyone who completes the course gets:

* A certificate of attendance to say they are a Youth MHFA Champion
* A Youth MHFA manual to refer to whenever they need it