MHFA England Youth Tow Day course

This two day course qualifies people as Youth Mental Health First Aiders, giving them:

* An in-depth understanding of young people’s mental health and factors that affect wellbeing
* Practical skills to spot the triggers and signs of mental health issues
* Confidence to reassure and support a young person in distress
* Enhanced interpersonal skills such as non-judgemental listening
* Knowledge to help a young person recover their health by guiding them to further support – whether that’s through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate
* Ability to support a young person with a long term mental health issue or disability to thrive
* Tools to look after their own mental wellbeing

**Format**

* Two day face to face course across four manageable sessions
* Each session is built around a Youth Mental Health First Aid action plan
* 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 Mental Health First Aider
* A Youth MHFA manual to refer to whenever they need it
* A workbook including some helpful tools to support their own mental health