



Youth Mental Health First Aid

Who's it for?	Mental health leads and/or deputy in schools or other pastoral staff. Due to the high demand for this course, places are limited to one representative per school.
How long is it?	9.30am til 4.00pm - Two full days (both days must be completed)
How many people?	Maximum 16
About	This course works on the basis that there is a role in our communities for mental health first aiders – people that feel confident to go to someone experiencing emotional distress, provide initial help and guide them towards more specialist support. This accredited evidence-based course covers how to respond to 8 to 18 year-olds experiencing mental and emotional distress.
Expected Outcomes	<ul style="list-style-type: none"> • Spot the early signs of mental health problem • Feel confident helping someone experiencing a mental health problem • Provide help on a first aid basis • Help prevent someone from hurting themselves or others • Help stop a mental health problem from getting worse • Help someone recover faster • Guide someone to the right support • Reduce the stigma of mental health problems
Refreshment	Refreshments are provided but participants should provide their own lunch.
Cost	The course is being funded as part of the CAMHS Transformation, venues are kindly being provided by local areas. A charge of £100 will be made for participants that fail to attend without giving at least one week's prior notice. (except in extenuating circumstances)

Courses will run throughout the year
Priority will be given to schools in each local area

Course number	Dates	Location	Course number	Dates	Location
1	11 th and 14 th June	Stevenage	11	6 th and 13 th December	Welwyn
2	21 st and 28 th June	Hoddesdon	12	16 th and 19 th December	Stevenage
3	2 nd and 10 th July	Watford	13	10 th and 17 th January	Broxbourne
4	5 th and 12 th July	St Albans	14	13 th and 16 th January	St Albans
5	6 th and 13 th September	Hemel Hempstead	15	24 th and 31 st January	Hemel Hempstead
6	20 th and 27 th September	Letchworth	16	7 th and 14 th February	Letchworth
7	4 th and 11 th October	Hatfield	17	10 th and 24 th February	Hatfield
8	18 th and 25 th October	Potters Bar	18	28 th Feb and 6 th March	Potters Bar
9	8 th and 15 th November	Ware	19	13 th and 20 th March	Ware
10	22 nd and 29 th November	Watford	20	26 th and 27 th March	Watford

To book a place on the course in your local area, please email
SchoolMHTraining@hertfordshire.gov.uk

