

Healthy Young Minds in Herts

Schools training

Hertfordshire CAMHS School Link



Youth Mental Health First Aid

When?	7 & 14 March 2018 – 9:30am to 4pm
Where?	Letchworth Garden City Partnership Pod Northfields Infant and Nursery School, Burley, Letchworth SG6 4PT <i>Tea and coffee will be provided, please bring your own lunch.</i>
Who's it for?	Anyone and everyone, most beneficial for teachers and support staff. Due to the high demand for this course, places are limited to one representative per school and 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)
How long is it?	Two full days, one week apart
How many people?	Maximum 16
About	A regular First Aider responds to people experiencing physical injury. They provide initial help and facilitate access to more specialist support. 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 a 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 towards the right support• Reduce the stigma of mental health problems
How to book	Email Debbie Robins, NH DSPL Administrator nhdsp1@wilshere.herts.sch.uk

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