

Youth Mental Health First Aid Training

FREE



1 day Champion course designed specifically for school professionals working with 8 to 18 year olds.

You will learn:

- An understanding of common mental health issues and how they can affect young people
- The ability to spot the 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

Friday 21 Nov 2025 9.30am to 4pm	Hobbs Hill Wood Primary School, Hemel Hempstead, HP3 8ER	Parents/Carers	Parking available on site
Friday 5 Dec 2025 9.30am to 4pm	Hertfordshire County Council, Robertson House, Stevenage, SG1 2FQ	School Professionals	Parking available on site
Friday 23 Jan 2026 9.30am to 4pm	Peartree Spring Primary School, Stevenage, SG2 9GG	Parents/Carers	Parking available on roads near venue
Friday 6 Feb 2026 9.30am to 4pm	Springmead Primary School, Welwyn Garden City, AL7 2HB	School Professionals	Parking available on roads near the venue
Friday 27 Feb 2026 9.30am to 4pm	The Hub, Fleetville Junior School, St Albans, AL1 4LW	School Professionals	Parking available on site
Friday 6 Mar 2026 9.30am to 4pm	Hobbs Hill Wood Primary School, Hemel Hempstead, HP3 8ER	School Professionals	Parking available on site

2 day First Aider course suitable for everyone who teaches, works, lives with or cares for 8 to 18 year olds.

You will learn:

- 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
- How to engage with parents, carers and external agencies
- How to support a young person with a long term mental health illness to thrive
- Tools to look after your own wellbeing

Thursday 6 & Friday 7 Nov 2025 9.30am to 4pm	Peartree Spring Primary School, Stevenage, SG2 9GG	School Professionals	Parking available on roads near venue
Thursday 15 & Friday 16 Jan 2026 9.30am to 4pm	Hobbs Hill Wood Primary School, Hemel Hempstead, HP3 8ER	School Professionals	Parking available on site

To book your place please email schoolsmh@hertfordshire.gov.uk
Places are limited to two representatives per education setting