



Hampshire FA

Brings you

Full two day course, qualifying participants to be

Certified Youth Mental Health First Aiders

Monday 7th and Tuesday 8th October 2019

Winklebury Football Complex, Winklebury Way,

Basingstoke RG23 8BF

Mental Health First Aid is an educational course which teaches people how to identify, understand and help a person who may be experiencing a mental health issue. In the same way as we learn physical first aid, Mental Health First Aid teaches you how to recognise those crucial warning signs of mental ill health. In each section you'll learn how to:

- Spot the early signs of a mental health problem in young people
- Feel confident helping a young person experiencing a problem
- Provide help on a first aid basis
- Help protect a young person who might be at risk of harm
- Help prevent a mental health illness from getting worse
- Help a young person recover faster
- Guide a young person towards the right support
- Reduce the stigma of mental health problems

The Youth MHFA course takes place over 2 consecutive days.

This programme is normally costed at £300 per attendee; we are able to offer discounted places **thanks to support from Hampshire FA**.

The reduced cost is **just £250 per person** including materials, refreshments etc..

The sessions will be a mix of presentation, group discussions and group work activities. We provide a very safe learning environment and is trained to support you throughout the whole course. If you don't feel comfortable joining in certain parts, then don't, we won't ask you to do something you aren't comfortable with.

Due to some of the sensitive subjects of our courses, including suicide, we limit numbers to 16 people. We want everyone to feel safe and we can help if people find some topics particularly difficult.

To register, please email hello@Ed4Health.co.uk