**YOUTH MENTAL HEALTH FIRST AID TWO DAY TRAINING**

Thank you for your interest in the course. In collaboration with MHFA England we are offering a free two-day youth Mental Health First Aid (MHFA) training online. Course details are attached and as an online training offer there is more of an element of home learning involved.  The training is delivered as 4 half day sessions, with 2 sessions per week, over a 2 week period to give people a chance to do the self-led work between sessions and to not have the screen time all together. We are currently looking at four half days in November and December. If this is something you would be interested in please contact me.

Kind regards

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**Youth Mental Health First Aid Two Day training – online**

**Session 1: Introduction**

**Individual learning (1 hour 15 minutes):**

* Introduction to the Online Youth Mental Health First Aid course and the Online Learning Hub
* Activity 1: Why Youth Mental Health First Aid?
* Activity 2: What is ALGEE?
* Activity 3: What is mental health?
* Activity 4: Mental health and stigma
* Activity 5: Mental health quiz: Impact of mental health
* Activity 6: Risk and protective factors for mental health
* Activity 7: The Stress Container

**Live session (2 hours 35 minutes):**

* Introduction to the course
* Outline of live session 1, the value of Youth Mental Health First Aid
* Introduce ALGEE
* Recap what mental health is
* Recap the Mental Health Continuum
* Stigma
* Recap why Youth Mental Health First Aid is important
* Recap risk and protective factors
* The Stress Container
* The Frame of Reference

**Session 2: Depression, anxiety, and self-care**

**Individual learning (1 hour 15 minutes):**

* Activity 8: Your Stress Container
* Activity 9: Your Frame of Reference
* Activity 10: What is depression?
* Activity 11: What is anxiety?

**Live session (2 hours 10 minutes):**

* Introduction to live session 2
* Recap of homework after live session 1
* Recap depression
* Signs and symptoms of depression in a young person
* Recap anxiety
* Signs and symptoms of anxiety in a young person
* ALGEE for depression and anxiety in a young person
* ALGEE for depression and anxiety, action 1
* ALGEE for depression and anxiety, action 2-5
* Self-care and close

**Session 3: Suicide and Psychosis**

**Individual learning (1 hour 20 minutes)**

* Activity 12: Adolescent brain development
* Activity 13: About suicide
* Activity 14: Suicide risk factors
* Activity 15: What is psychosis?
* Activity 16: Lived experience of psychosis
* Activity 17: ALGEE for psychosis

**Live session (2 hours 5 minutes)**

* Introduction to live session 3
* Recap suicide
* Explore the impact of suicidal feelings
* ALGEE for suicidal crisis
* Practice non-judgemental listening skills
* Recap psychosis
* Recap warning signs and symptoms of psychosis
* Recap ALGEE for psychosis

**Session four: Self-harm, recovery, and action planning**

**Individual learning (1 hour 35 minutes)**

* Activity 18: What is self-harm?
* Activity 19: What are eating disorders?
* Activity 20: Resilience
* Workbook activity 7: My action plan for using Youth Mental Health First Aid (completed after live session)

**Live session (2 hours 25 minutes)**

* Introduction to live session 4
* Recap self-harm, the self-harm continuum
* Warning signs of self-harm in young people
* ALGEE for self-harm
* Recap eating disorders
* ALGEE for eating disorders
* Applying MHFA to family and carers; the Recovery Tree
* Evaluation forms and close