

About the Youth MHFA in Schools programme

This three year programme launched by Mental Health First Aid England in Easter 2017 is fully funded by the Department of Health. In the first year of the programme their aim is to train 1,000 secondary school staff to become **Youth MHFA Champions** – someone with the skills to spot the signs of mental health issues in young people and guide them to a place of support.

By the end of 2020 every secondary school in England will have been offered the opportunity to attend this training. This is a major step forward in the campaign to ensure that every school has access to Youth MHFA training.

In conjunction with MHFA we are delighted to offer your school **one free** place on the One Day Youth MHFA Champions Course

This qualifies the attendee as a Youth MHFA Champion.

Youth MHFA Champions have:

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

What to expect

We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn. The day includes a mix of presentations, group discussions and workshop activities. You will get a Youth MHFA manual to keep and refer to whenever you need it.

When you complete the day you'll get a certificate to say you are a Youth MHFA Champion.

We have the following sessions available for you to book:-

Date	Time	Venue
6th February 2018	9am-4pm	Barnwood Park
5th March 2018	9am-4pm	Newent Community School
1st May 2018	9am-4pm	Gloscol Cheltenham Campus

Delegates will need to provide their own lunch, but tea/coffee will be available.

To book onto the above training please contact email GHLL@gloucestershire.gov.uk