

Scottish Mental Health First Aid: Young People Training



The Scottish Mental Health First Aid: Young People (SMHFA: YP) training is a 14 hour evidence based blended learning course made up of three parts:

Part 1: self-study online module

Part 2: full day face to face learning

Part 3: self-study online module

The course does not train you to become a counsellor or a mental health professional but is designed to teach you to better understand mental health and how it affects young people, as well as to learn mental health first aid skills. The course also aims to show how mental health first aid can be applied in a crisis situation involving a range of common mental health problems, such as depression and anxiety, eating disorders, self-harm, suicide and substance misuse. For further information about the SMHFA: YP course please visit: www.youngpeople.smhfa.com.

The course aims to improve participants' confidence in:

- Being able to detect mental health problems early.
- Helping to reduce stigma around mental health issues.
- Helping young people to recognise mental health problems.
- Providing guidance and immediate assistance to a young person in crisis.

Aimed at: All practitioners and staff working with young people aged 11 years old and over.

Dates available for Part 2 (Part 1 must be completed prior to attending this session, instructions will be given following course registration):

- Wednesday 8th May 2019 at Speyside High School – 09:00 to 16:00
- Wednesday 4th September 2019 at Alexander Graham Bell Centre, Moray College, Elgin – 09:00 to 16:00
- Thursday 28th November at Forres Academy – 09:00 to 16:00

To request a place please email nhsg.mhdevelopment@nhs.net stating the session you would like to attend and:

- Your Name
- Job Role
- Organisation
- Line Manager's Email

Lunch will not be provided

Note – maximum of 16 places per course