



Free youth mental health first aid training course in June

04 Apr 2025

Action: Please share with relevant staff.

The next youth mental health first aid course will take place on **Thursday 19 and Friday 20 June 2025 at Ealing Education Centre.**

It is suitable for all staff working in Ealing schools with children and young people aged between 8 - 18. This training is fully funded so there is no cost to Ealing schools.

Why attend?

Youth mental health first aiders gain:

- 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
 - whether that's through self-help sites
 - their place of learning, the NHS, or a mix
 - engaging with parents, carers and external agencies where appropriate
- Ability to support a young person with a long term mental health issue or disability to thrive
- Tools to look after your own mental wellbeing
- A certificate of attendance to say you are a Youth MHFAider
- A YouthMHFAider® manual to refer to whenever you need it
- A workbook including some helpful tools to support your own mental health

Book your place

Book your place via Ealing CPD Online: ealingcpd.org.uk/event/250764

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Contacts

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