

Youth Mental Health First Aid

Course Type: Part Time Love2Learn

Audience: 18+

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Duration: 2 Days

Location: City Centre Campus

This two day training programme, accredited by [Mental Health First Aid England](#), provides the skills, knowledge and understanding of Youth First Aid for Mental Health for ages 5-18.

What topics are covered?

You will develop your understanding of a range of topics including;

- How to spot the early signs of mental health issues.
- Build your confidence in how to offer and provide initial help to a person experiencing a mental health issue.
- How to preserve life where a person might be a risk of harm to themselves or others.

Who is the course aimed at?

This course is aimed at anyone wishing to develop their understanding of how to confidently and effectively manage youth mental health first aid situations. This course would be suitable for those working with children and young people (aged 5-18) or those who have oversight of pastoral care in a school or College environment.

What are the entry requirements?

You will be over 18 and willing to participate in discussion and group work.

What qualifications will I gain?

You will become a certified Youth Mental Health First Aider by Mental Health First Aid England, on successful completion of the two-day programme.

Who is the awarding body?

[Mental Health First Aid England](#)

Who will be my tutor?

Sally Wilson

As well as being a Mental Health First Aid Instructor, I also work as Bath College Care Academy Co-Ordinator. Looking after our mental health has so often been overlooked, and stigma and misinformation around mental health conditions has not helped. Having worked with vulnerable young people in crisis for many years, I have always felt there has been a great need for this. The instructor training course was a great way to learn more about a range of mental health issues from many practitioners, as well as from young people who were experiencing mental health issues and what they had found helpful. This was an ideal opportunity for me to explore mental health issues in more depth and has inspired me to keep up to date with research around this topic. Mental health is of great interest to so many people. It is fascinating. Being an instructor helps me to equip others with the confidence and skills to both support others, and to look after themselves.

Sally.wilson@bathcollege.ac.uk

How will I learn?

You will participate in an active learning two day training course involving discussions and group work.

Which department is this course in?

Department of Sport, Leisure and Care

Where will I need to go on my first day?

On your first day, please report to the Reception in the **Roper Building** at [City Centre Campus](#).

What else do I need to know?

To avoid disappointment, please make sure you enrol on your chosen course early. Decisions regarding running or cancelling a course are made one week prior to the start of the course. If a

course is cancelled, you will be informed and your course fees refunded in full. Please see [Terms and Conditions of Enrolment](#).

The course will not run on bank holidays or during half term. Please check the [term dates](#).

Please note that the October / February courses are running during half term.

The programme explores a range of sensitive mental health issues such as suicide and psychosis.

All of our MHFA Instructors are members of MHFA England, and are fully qualified to teach Mental Health First Aid.

Where can I find out more information?

If you need help or answers to specific questions, please contact the [Student Advice Centre](#) on [01225 312191](tel:01225312191) ext 720 or email info@bathcollege.ac.uk.

How do I enrol?

You can enrol on this course:

Online: Click the "Add to Cart" button to enrol online.

Phone: Call [01225 328720](tel:01225328720) during our [opening hours](#)

Post: Download the [Love2learn Learning Agreement](#) and send to Student Advice Centre, Bath College, Avon Street, Bath BA1 1UP.

In person: Visit the [Student Advice Centre](#) in either of our campuses

Please see [how to enrol](#) for more detailed information.