

## Scotland's mental health first aid: young people



Scotland's Mental Health First Aid: Young People (SMHFA:YP) is a 14-hour evidence-based blended learning course for adults who support young people between the ages of 11-17. Participants will gain an increased knowledge and awareness of mental health issues, as well as improved confidence in:

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

This course does not train you to become a counsellor or mental health professional. It 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 such as:

- How to recognise the signs of mental health problems or distress
- How to ask about mental distress
- How to provide initial support
- How to guide a person towards appropriate professional help

Please note: There are three mandatory parts to the SMHFA: YP blended learning training course:

Part 1: Self-study module – 3 hours. (Must be completed prior to attending the face to face training)  
Understanding the context for mental health first aid for young people

Part 2: Face to face training –Full day (9.00 - 4.30)  
Developing the skills to apply mental health first aid with young people.

Part 3: Self- study module – 4 hours.  
Deepening understanding of mental health problems and young people



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**SMHFA: YP Booking Form**  
**Renfrew Health and Social Work Centre**  
**Ferry Road, Renfrew, PA4 8RU**  
**07/09/2017**  
**9:30-4:30**

**Personal Details:**

Surname:	
Forename:	
Job Title	
Organisation	
Business Address: (To send out confirmation letter)	
Post Code:	
Telephone:	
Email:	
Today's Date	



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**Do you have any specific requirements or access needs?**

**Y / N** *(If yes, please state)*

Access	Other

**How did you hear about the SMHFA: YP course? (please tick)**

Word-of-mouth - manager	<input type="checkbox"/>	Health Scotland website	<input type="checkbox"/>
Word-of-mouth - friend	<input type="checkbox"/>	Leaflet	<input type="checkbox"/>
Word-of-mouth - colleague	<input type="checkbox"/>	Mental Health e-bulletin	<input type="checkbox"/>
Poster	<input type="checkbox"/>	email	<input type="checkbox"/>
Other, please specify			

**Please return your completed booking form to:**

**[healthimprovement.renfrewshire@ggc.scot.nhs.uk](mailto:healthimprovement.renfrewshire@ggc.scot.nhs.uk)**

**Or**

**FAO: Administration  
Health Improvement Team  
Old Johnstone Clinic,  
1 Ludovic Square  
Johnstone  
PA5 8EE**



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**Data Protection Statement:** Your details will be collected for the purposes of administering this event. They will also be held on our secure database and will not be shared with any third parties without your permission. Your name, designation and organisation will appear on the delegates list. If you wish to remove your details or have any other queries, please contact **01505 401832** Or Email: **[suzannah.davis@ggc.scot.nhs.uk](mailto:suzannah.davis@ggc.scot.nhs.uk)**