

Scottish Mental Health First Aid (Young People)

Free training course for Third Sector partners



AIM

The aim of the course is to better understand mental health, how it affects young people, and to learn mental health first aid skills.

OBJECTIVES

After completing the training, participants will be able to:

- recognise the signs of mental distress in a young person
- provide initial support
- guide a young person towards appropriate help.

TARGET AUDIENCE

This certificated course is aimed at adults working or living with young people aged between 11 and 17 years old who may be at risk of experiencing mental health problems such as depression, anxiety, eating disorders, suicidal thoughts, cyber-bullying, self harm and substance use.

There are three parts to this blended training course:

Part 1: Self-study module - 3 hours. Understanding the context for mental health first aid for young people.

Part 2: Face to face training - 7 hours. Developing the skills to apply mental health first aid with young people.

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

When: Monday 20th May 9.30am – 4.30pm (Part 2)

Where: RAMH, 41 Blackstoun Road, Paisley PA3 1LU (Boardroom)

To reserve a place or for further information relating to the course, please contact: michelle.guthrie@ggc.scot.nhs.uk by no later than Friday 26th April.

Once places are allocated participants will be contacted with information and details on how to complete Part 1.

Please note: We are unable to offer more than 2 places per organisation