

Youth Mental Health First Aid

mhfa 
mental health first aid **youth**

Aims of Youth MHFA

To preserve life where a young person may be a danger to themselves or others

To provide help to prevent emotional and mental health problems developing into a more serious state

To promote the recovery of good emotional and mental health

To provide comfort to a young person experiencing an emotional and mental health problem

To raise awareness of young people's emotional and mental health issues in the community

To reduce stigma and discrimination

Why is it important?

- 1 in 10 young people experience emotional and mental health problems
- For those aged 15-24 suicide is the most common cause of death
- By the time young people become adults the incidence of mental health problems rises to somewhere between 1 in 4 and 1 in 6 people.
- In 2002/3 the economic and social cost of mental health problems in England was £77 billion
- People are not well informed and are unwilling to discuss issues
- Young people don't know who to turn to
- Professional help is not always on hand
- There is evidence to suggest early intervention is hugely beneficial

Who is it for?

- The MHFA Youth course recognises the specific emotional and mental health issues that young people face
- It is specifically designed and recommended for adults working with or caring for young people aged 11-18 years:
- Teachers and support staff in schools and other settings
- School Nurses
- Youth Workers, Connexions and parent support advisors
- Foster Cares
- Care workers
- Those working in the voluntary sector eg Banardos and Parent line plus
- Youth offending teams
- Police and Probation

Supporting policy?

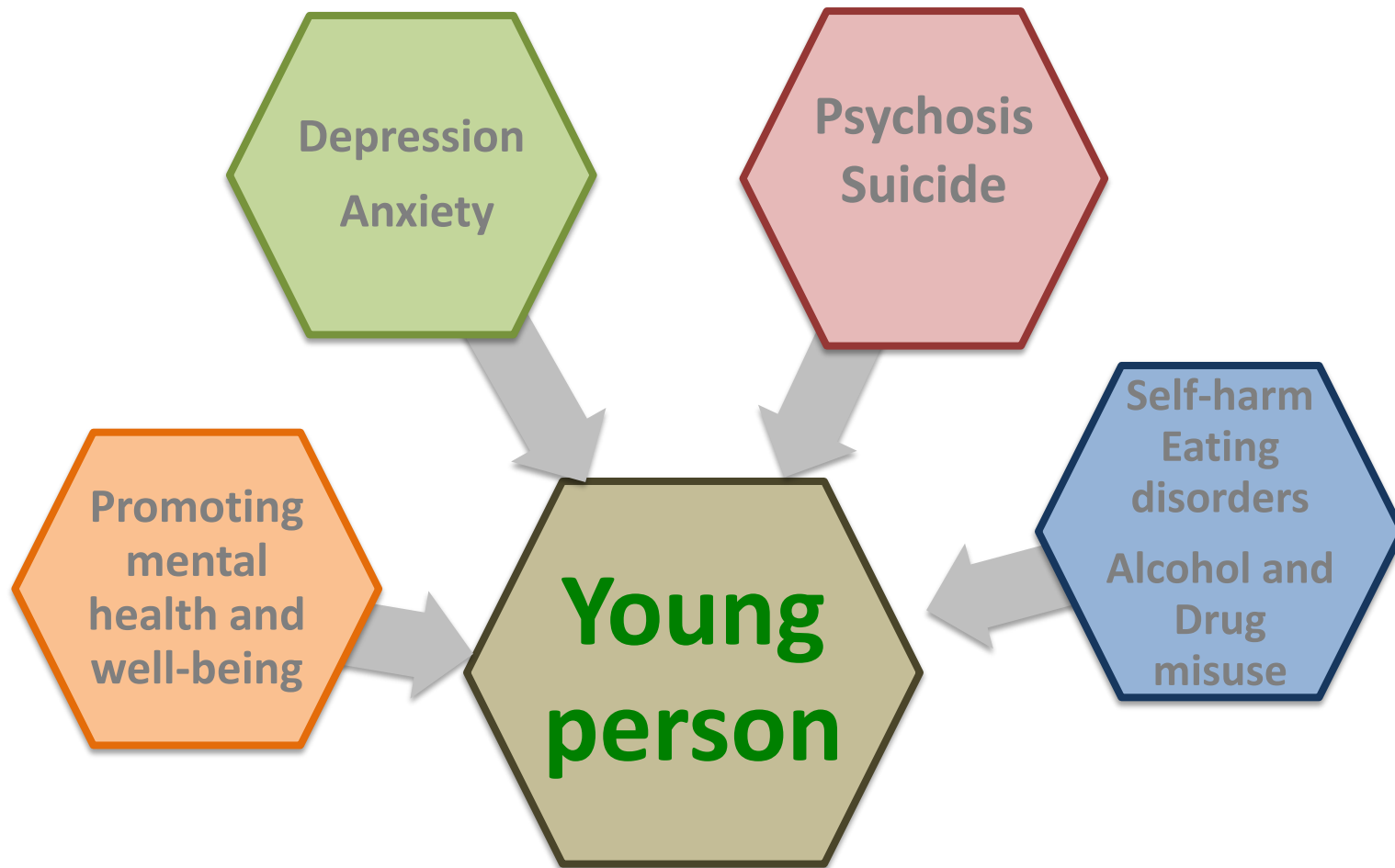
The MHFA Youth course has been designed to underpin and help deliver key national policies and areas of best practice. Including:

- Every Child Matters 2003
- The Children's Plan: Building Brighter Futures 2004
- National Service Framework for Children, Young People and Maternity Services 2004
- Healthy Lives, Brighter Futures: The strategy for children and young people's health 2008
- New Ofsted Framework 2009
- Healthy Schools plus/Enhanced Model 2009

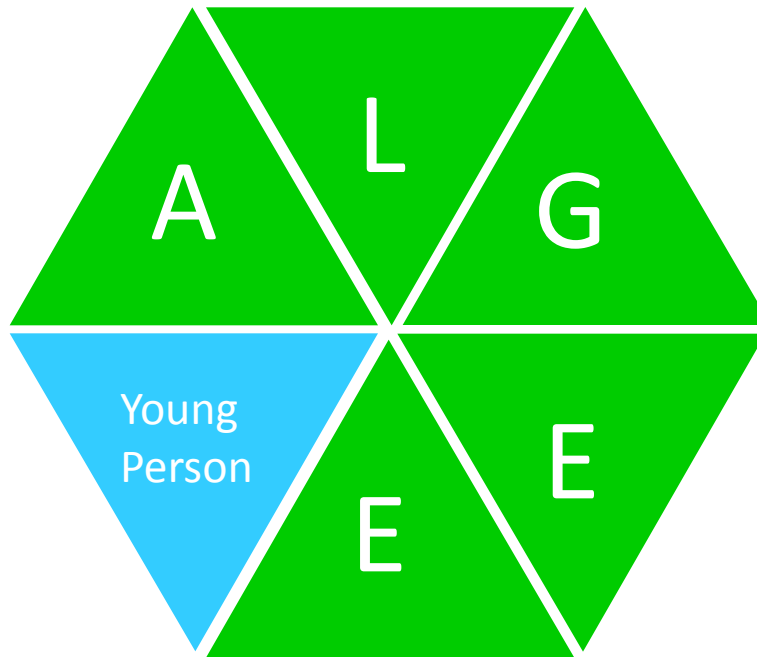
How will it be delivered?

- Youth MHFA is a 14 hour course.
- Delivered by trained instructors
- Delivered over two days or as twilight and lunch time sessions in 4 - 8 modular sessions
- Delivered in schools, youth settings, or any suitable accommodation to suit the target audience

Course content



Youth-MHFA action plan



- Ask, Assess, Act
- Listen non-judgementally
- Give reassurance and information
- Enable the young person to get appropriate professional help
- Encourage self-help strategies