



Mental Health First Aid Course Youth and Adolescents

Cost: £175 +VAT per person

Delivery: In Person or Online

This course aims to empower adults to be a first line of support for young people experiencing mental health challenges, helping to bridge the gap between early signs and professional help.

Course Aims:

- To equip adults with the skills to recognise the signs and symptoms of mental health problems in young people.
- To enable adults to provide initial help to adolescents experiencing mental health challenges.
- To empower adults to guide young people toward appropriate professional help.
- To increase mental health literacy among adults who work with or care for young people.
- To teach adults how to respond to mental health crises in young people.
- To promote the early intervention of mental health problems in adolescents.
- To build supportive environments for young people.

Course Outcomes:

Learners will:

- Gain a better understanding of adolescent mental health conditions, their signs, symptoms, and risk factors.
- Become more knowledgeable about the developmental factors that influence mental health in young people.
- Be more confident in their ability to recognise and respond to mental health challenges.
- Develop practical skills in approaching, listening to, and supporting young people in distress.
- Improve abilities to recognise and respond to crisis situations, such as suicidal ideation, and self-harm.

Details

In- person	Online
£175.00 +VAT per person	£175.00 +VAT per person
Maximum 14 Attendees	Maximum 14 Attendees
Two Full day Session- 30 min lunch break plus 2 comfort breaks	E-learning modules 1-3 3-hour webinar E-learning Modules 4-6 3-hour webinar Online modules must be completed before accessing live webinars

*Prices exclude VAT

Book Your Training Today

To book one of our courses, or to request more information, or receive a no-obligation quote, please get in touch with our friendly team at Learn@storicymru.org.uk or use the enquiry form on our website. We'll be happy to assist you with any questions and help you find the training that best suits your needs.

Bespoke Training Tailored to You

If you have specific training needs, we would be delighted to collaborate with you to develop a programme that aligns with your objectives and empowers your team to excel.

Please reach out to us to discuss how we can support your organisation's growth and success.