



**Two-Day**

 **Accredited Course**

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| **Mental Health First Aid Youth** |  |  |
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|  22 – 23 May 2017 London  |  6 – 7 June 2017 London  13 – 14 July 2017 London |
| **Focus****There are more than 800,000 children and young people in the UK who have been diagnosed with a mental health condition.**Children and young people face huge pressures of navigating through the complexity of an ever changing digital world, facing challenges in numerous aspects of their daily lives.Family Action is committed to improving the emotional wellbeing and mental health of children and young people. We provide family support services to help build children and young people’s emotional resilience. Three children in every classroom have a diagnosable mental health disorder. Roughly 725,000 people in the UK suffer from eating disorders; 86% of these will have shown symptoms before the age of 19. One in 10 children deliberately harm themselves regularly, and 15,000 of them are hospitalised each year because of this. Nearly 80,000 children and young people suffer from severe depression Half of all lifetime cases of mental illness begin by age 14. 45% of children in care have a mental health disorder - these are some of the most vulnerable people in our society. Nearly 300,000 young people in Britain have an anxiety disorder; 95% of imprisoned young offenders have a mental health disorder. Many of them are struggling with more than one disorder.This Youth MHFA course is split into four manageable areas of learning which are:* What is mental health?
* Depression and anxiety
* Suicide and psychosis
* Self-harm and eating disorders.

Within each section there is clear focus on the issues faced by young people today, including bullying/cyber bullying and substance misuse. The course also teaches the importance of promoting wellbeing and protective factors.Everyone who attends the course will receive a copy of the Youth MHFA manual and workbook, both of which are excellent support resources. When you have completed the course you will receive a certificate to confirm that you are a trained Youth Mental Health First Aider. | **Target Group**This internationally recognised course is relevant for professionals and anyone who teaches, works, lives or cares for 8 to 18 year olds, including young people themselves, although parental consent is required for participants below the age of 16.**Trainer** Each MHFA course is delivered by a quality assured trainer, who has attended the seven day instructor training programme accredited by the Royal Society for Public Health.**Learning Outcomes** By the end of the two-day course participants will be able to:* Spot the early signs of a mental health issue in young people;
* Feel confident helping a young person experiencing mental ill health;
* Provide help on a first aid basis;
* Help protect a young person who might be at risk of harm;
* Help prevent a mental health issue from getting worse;
* Help a young person recover faster;
* Guide a young person towards the right support;
* Reduce the stigma of mental health.

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| **Venues** **Family Action**24 Angel GateCity Road**London, EC1V 2PT**Tel: 0207 254 6251 | **Timing** 9.00am Start 5.00pm Finish Manual, workbook, refreshments& light lunchare provided |

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| **Registration****Form****Two-Day Accredited Course** Mental Health First Aid Youth  | **22nd-23rd May 2017** **6th-7th June 2017** **London London** **13th-14th July 2017** **London****Please tick which date/location****you wish to attend** |
| **Fee** **£250.00** (+VAT £50.00) **=** **£300.00** [to include MHFA manual and workbook]* Remittance enclosed – cheque (including VAT) payable to *‘Family Action Enterprises Ltd.’*
* Please invoice
* To pay by credit/debit card please follow these links to our Eventbrite pages:-

[*https://mhfayouth-london - May.eventbrite.com*](https://www.eventbrite.com/e/mental-health-first-aid-youth-two-day-accredited-course-london-tickets-33111171405)[*https://mhfayouth-london - June.eventbrite.com*](https://www.eventbrite.com/e/mental-health-first-aid-youth-two-day-accredited-course-london-tickets-31676249515)[*https://mhfayouth-london - July.eventbrite.com*](https://www.eventbrite.com/e/mental-health-first-aid-youth-two-day-accredited-course-london-tickets-33111527470)In the event of cancellation, a cancellation fee is chargeable, as detailed below.* We will store your details and may want to contact you in the future with more information about our services and

activities. Please tick here if you do **NOT** want us to do this. We will not pass your information on to a third partywithout your permission. Data Protection Act 1998. |
| Name: |  | Agency name & address: |
| Position/Role: |  |  |
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| Requirements(eg: dietary, disability access): |  |  |
|  |
| Telephone: |  | Post code: |
| E-mail: |  | Billing e-mail *(if different):* |
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| **We will confirm your place and send joining****instructions via e-mail, so please write clearly** |  | Your purchase order number: |
| **Substitutions and cancellations**Completion of this booking form is a binding agreement. Substitutions are welcome at any time. Family Action reserves the right to levy a fee in the event of your cancellation. More than 6 weeks prior to the event 25% of the fee; between 2 and 6 weeks 50%; less than 2 weeks 100%. In the event that you wish to transfer your booking to another workshop date, we reserve the right to levy a 25% administration fee, if you then cancel your place, the previous cancellation fee would also apply.  |
| **Please e-mail/post completed form (indicating your method of payment) to:-****Joy Broadhurst, Family Action, 55 Stevens Avenue, Bartley Green, Birmingham, B32 3SD**E: Joy.broadhurst@family-action.org.uk T: 07469 660 479 [www.family-action.org.uk/training](http://www.family-action.org.uk/training) [www.mhfaengland.org.uk](http://www.mhfaengland.org.uk)Registered Company Limited in England and Wales: 01514576 VAT Registration no. 227 3222 34Family Action Enterprises Limited is a fully owned subsidiary of Family Action, Registered Charity no: 264713 |