

**Two-Day**

 **Accredited Course in London**



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| Mental Health First Aid Youth |
| 18 – 19 December 2019 |
| **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. | **Target Group**This internationally recognised course is relevant for professionals, carers and anyone who works, lives or cares for children and young people (8 to 18 years old) who may or are experiencing mental health difficulties.**Trainer – Kanu Patel** Kanu has over 30 years’ professional experience of working with children and families affected by mental health issues, including his own personal experiences through family and friends. He has delivered MHFA for the past 4 years, to a wide variety of participants and teams within public services and private organisations. He is passionate about promoting people’s knowledge and confidence in supporting adults’ and children’s wellbeing. **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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| **Venue** **Family Action**34 Wharf RoadLondon, N1 7GRTel: 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 Youth18 – 19 December 2019 |
| **Fee** **£220.00** (+VAT £44.00) **=** **£264.00** [to include MHFA manual and workbook]* Remittance enclosed – cheque (including VAT) payable to *‘Family Action’*
* Please invoice
* To pay by credit/debit card please follow this link to our Eventbrite page:-

[*https://mhfayouth-london-18-19december2019.eventbrite.com*](https://mhfayouth-london-18-19december2019.eventbrite.com)In the event of cancellation, a cancellation fee is chargeable, as detailed below.* If you **WOULD** like us to contact you by e-mail in the future, with more information about our courses, services and activities, please **TICK** this box. You can see our privacy policy by following this link:[*Privacy Policy*](https://www.family-action.org.uk/content/uploads/2018/07/Family-Action-Privacy-Notice-TC.docx)
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| 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%.  |
| **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 Charity no: 264713. Registered Company Limited in England and Wales: 01068186 |