

MHFA England
INSTRUCTOR
MEMBER



**Help a young person with
the Youth Mental Health
First Aid course**

As a parent, guardian, or someone who works with young people, you are often the first to notice when a young person is experiencing emotional distress.

The Youth MHFA course gives you the tools and confidence to step in and provide support.



What you'll learn

- How to spot early signs of poor mental health in young people
- Ways to offer initial support and guide them to professional help
- Practical techniques for creating a mentally healthy, supportive environment
- Tips for self-care, to ensure you maintain your own wellbeing

Support beyond the course

Our commitment to your learning extends far beyond the training room. After completing the Youth MHFA course, you'll be invited to join England's first and only membership body for Mental Health First Aiders, the **Association of Mental Health First Aiders®**, providing you with continuous learning opportunities and a support network to help you in your role.

- **Exclusive resources:** Gain access to toolkits, films, and more to keep your knowledge fresh
- **Stay connected with the MHFAider Support App®:** Access a 24/7 support service and tools to help you on the go
- **Regular webinars:** Connect with other Youth MHFAiders® and continue growing your mental health expertise

Take the next step

To learn more or book onto a Youth MHFA course:

