



Youth Mental Health First Aid® Training to support young people from age 7 to 25

This Mental Health First Aiders® course will provide you with a more in depth understanding of specific mental health issues and is delivered in four manageable sessions:

What is Mental Health?
Depression and Anxiety
Suicide and Psychosis
Self-Harm and Eating Disorders



Youth MHFA® In Education We believe that the most effective way to safeguard young people and foster a whole school wellbeing is to train a blend of staff in all schools. Our goal is for these vital skills to be part of initial teacher training so that every young person has access to a Youth Mental Health First Aider®

Dates: Thursdays 20th and 27th February 2025

Times: 09:30 to 16:30 both days

Venue: CVS Tending, Imperial House, 20-22 Rosemary Road, Clacton-On-Sea CO15 1NZ

Course fee: £90 but £50 to affiliated organisation to CVST, you will receive a workbook, manual, certificate, crisis card and lanyard to take away with you. You will also be affiliated to the Association of Mental Health First Aiders®

Nearest Parking is at Carnarvon Road CO15 6QE

Refreshments will be provided, please bring your own lunch

Please book via email to:
Richard Perkins
Training Manager
Community Voluntary Services Tending
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richard.perkins@cvstending.org.uk

