

Online Youth Mental Health First Aid

Course overview



MHFA England



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This course qualifies people as Youth Mental Health First Aiders

It's ideal for designated staff at every level who would like to become Youth Mental Health First Aiders with skills to spot signs of a range of mental health issues in young people (aged 16-25) and guide a young person to appropriate support.



Learning outcomes

At the end of the course you will be able to:

- Understand young people's mental health and the factors that can affect their wellbeing
- Equip learners with the knowledge to help a young person recover their health by guiding them to further support – whether that's through self-help sites, their place of learning, the NHS or a mix – or engaging with parents, carers and external agencies where appropriate
- Use enhanced interpersonal skills such as non-judgemental listening
- Spot the triggers and signs of mental health issues
- Feel confident to step in, reassure and support a young person in distress

Course outline

Session 1: Introduction to Online Youth Mental Health First Aid

Individual learning (1hr 15min)

- Introduction to the Online Youth Mental Health First Aid course and the Online Learning Hub
- Activity 1: Why Youth Mental Health First Aid?
- Activity 2: What is ALGEE?
- Activity 3: What is mental health?
- Activity 4: Mental health and stigma
- Activity 5: Mental health quiz: Impact of mental health
- Activity 6: Risk and protective factors for mental health
- Activity 7: The Stress Container

Live session (2hrs 35min)

- Introduction to the course
- Outline of live session 1, the value of Youth Mental Health First Aid
- Introduce ALGEE
- Recap what mental health is
- Recap the Mental Health Continuum
- Stigma
- Recap why Youth Mental Health First Aid is important
- Recap risk and protective factors
- The Stress Container
- The Frame of Reference

Course outline

Session 2: Depression, anxiety and self-care

 Individual learning (1hr 15min)	 Live session (2hrs 10min)
<ul style="list-style-type: none">- Activity 8: Your Stress Container- Activity 9: Your Frame of Reference- Activity 10: What is depression?- Activity 11: What is anxiety?	<ul style="list-style-type: none">- Introduction to live session 2- Recap of homework after live session 1- Recap depression- Signs and symptoms of depression in a young person- Recap anxiety- Signs and symptoms of anxiety in a young person- ALGEE for depression and anxiety in a young person- ALGEE for depression and anxiety, action 1- ALGEE for depression and anxiety, action 2-5- Self-care and close

*There is an allowance of up to 2hrs 30 minutes for the **live session** to cover course content and ensure time for questions and discussion*

Course outline

Session 3: Suicide and psychosis

Individual learning (1hr 20min)

- Activity 12: Adolescent brain development
- Activity 13: About suicide
- Activity 14: Suicide risk factors
- Activity 15: What is psychosis?
- Activity 16: Lived experience of psychosis
- Activity 17: ALGEE for psychosis

Live session (2hrs 5min)

- Introduction to live session 3
- Recap suicide
- Explore the impact of suicidal feelings
- ALGEE for suicidal crisis
- Practice non-judgemental listening skills
- Recap psychosis
- Recap warning signs and symptoms of psychosis
- Recap ALGEE for psychosis

*There is an allowance of up to 2hrs 30min for the **live session** to cover course content and ensure time for questions and discussion*

Course outline

Session 4: Self-harm, recovery and action planning

Individual learning (1hr 35min)

- Activity 18: What is self-harm?
- Activity 19: What are eating disorders?
- Activity 20: Resilience

- Workbook activity 7: My action plan for using Youth Mental Health First Aid (completed after live session)

Live session (2hrs 25min)

- Introduction to live session 4
- Recap self-harm, the self-harm continuum
- Warning signs of self-harm in young people
- ALGEE for self-harm
- Recap eating disorders
- ALGEE for eating disorders
- Applying MHFA to family and carers; the Recovery Tree
- Evaluation forms and close

Benefits of Online Youth Mental Health First Aid



Build a network of skilled Youth Mental Health First Aiders at all levels



Our Online Learning Hub provides a platform for an inclusive and flexible learning experience for your employees



Learners will learn invaluable skills, increasing their knowledge and confidence to support young people remotely and face-to-face



Increase connection and contact within the organisation by empowering employees with knowledge and skills to support young people by:

- Understanding mental health issues
- Championing self-care
- Signposting to further support for young people who may be struggling with their mental health



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Benefits of booking with MHFA England



Research and evaluation shows that MHFA England courses make a lasting difference in people's knowledge and confidence around mental health



We've successfully delivered a government funded programme training staff in mental health skills to over 2,000 secondary schools in England, resulting in an increase in confidence in discussing mental health with students from 5.3 to 8.2



Grounded in research and rigorously tested, our courses are developed with input from clinical experts and those with lived experience of mental health issues



All MHFA England courses are delivered by a qualified Instructor Member. We are the only provider of licensed Mental Health First Aid Instructor Training in England, accredited by the Royal Society for Public Health



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FAQ

Who is the course for?

The course is for those who work with young people aged 16-25, and is popular with schools, local authorities, sports teams and third sector youth organisations. MHFA England has worked with the ECB, YMCA and Lord Taverners as well as schools. People do not need to have experienced mental health issues themselves to become a Youth Mental Health First Aider.

How many people is the course suitable for?

We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn.

What will learners receive as part of the course?

- A manual to refer to whenever they need it
- A workbook including a helpful toolkit to support their own mental health
- A wallet-sized reference card for the Mental Health First Aid action plan
- A certificate to say they are a Youth Mental Health First Aider

How is the course structured?

- We recommend that the course is run over four consecutive days in one week where possible, or four sessions over a maximum of two weeks
- Learners will be trained through a mix of individual learning modules and live sessions with an MHFA England Associate Instructor, covering 14hrs 40min in total
- Learners **must** complete the individual learning modules **before** each live session and **attend** each live session to be certified as a Youth Mental Health First Aider

How is the course delivered?

- The course is delivered through our MHFA England Online Learning Hub. It will host the individual learning modules, the live sessions with your MHFA England Associate Instructor, and break out rooms during the training for exercises
- We will share access to our MHFA England Online Learning Hub for all attendees one week before the first session so they can complete the first individual learning module

Thank you

For more information please contact
communities@mhfaengland.org



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