



YOUTH MENTAL HEALTH FIRST AID (YMHFA)

Empowering you to support young people's mental wellbeing

Empower Young Minds

Youth Mental Health First Aid (MHFA®) courses are designed for anyone supporting young people aged 8-18. These courses equip you with skills to recognise signs of mental health issues, provide first aid, and guide young people toward further support, helping to prevent issues from escalating.

We won't train you to be a therapist, but we will teach you to listen, reassure, and respond - even in crises. You'll also learn to prioritise your own mental wellbeing, setting a positive example for young people.

Why Youth Mental Health First Aid?

Mental health struggles are a reality for many young people today. Here's why taking action matters:

- **1 in 5** young people in the UK live with a mental health condition
- **63%** of mental health issues emerge before age 25
- **561** young lives lost to suicide in 2022 alone
- **20%** of children aged 10-15 in England and Wales have faced cyberbullying
- **18%** of teens report self-harming

Equip yourself to make a difference.

Upcoming Courses

Two-Day Youth MHFAider® Training

Certified 2 day course to become a qualified YMHFA. This course is approved by DFE and is used throughout England.

Dates : 24th & 25th March 2025

Venue : Endeavour Centre, Strood Academy

Cost : £260 per person

What You'll Gain :

- In-depth insights into youth mental health and wellbeing
- Practical tools to spot triggers and signs of mental health challenges
- Confidence to support young people in distress and connect them to further help
- Skills in non-judgemental listening and supportive communication
- Guidance to help young people manage long-term mental health issues or disabilities
- Strategies to maintain your own mental wellness

One-Day Youth MHFA Champion Training

Certified 1 day course to become a YMHFA champion.

Date : 5th March 2025

Venue : Endeavour Centre, Strood Academy

Cost : £120 per person

What You'll Gain:

- Awareness of common mental health issues affecting young people
- Ability to identify signs of mental ill health and offer initial guidance
- Confidence to promote mental health awareness in your community
- Skills to encourage positive wellbeing

To register email : enquiries@theleighinstitute.org.uk