

Youth Mental Health First Aid Course Fact Sheet

Course dates

The course will run for 2 consecutive Saturdays on 1st and 8th October 2022.
The course will start at 9:00am and end at 4:30pm on both dates

Location

'The Canterbury Rooms,' behind St Martin's Church, Ockham Road South, Easy Horsley, KT12 6RL.

What to bring

St Martin's will provide refreshments but please bring a packed lunch. Alternatively, you can purchase lunch from the café on Bishops Mead Parade or the Waitrose Garage, both within easy walking distance of the hall.

Background reading required

A small amount of prep/background reading is required. This will take only a short amount of time. The course leader, Jo Lindholm, will explain everything via email after your place is confirmed on the course.

Costs & Registration Process

Attendance is free of charge for registered attendees. We do, however, ask for a £20 donation per person to help cover some of the costs of facilitating the course.

Please register by emailing ali@easthorsleychurch.org.uk

Funding for the course has been provided by the Horsley Community Fund of the Community Foundation of Surrey. The course ordinarily costs £225 per person.

Please kindly confirm your attendance ASAP, as places will be offered on a strictly first come first served basis. There are only 16 places available. If you are unable to attend the course or would like to recommend another person who you feel would benefit from attending, please contact me via ali@easthorsleychurch.org.uk

Please note – registrations close on Monday 12th September.

Who is providing the course

The Youth Mental Health First Aid Course (MHFA) is independently provided by Mental Health First Aid England, a social enterprise who's mission is to improve the mental health of our nation. (www.mhfaengland.org).

Why are we running this course?

Here is some confronting information from the MHFA website:

- One in ten young people experience a mental health issue at any one time.

- Suicide is the leading cause of death for those aged 5-19yrs.
- In an average group of 30 15yr olds:
 - Seven are likely to have been bullied.
 - Six may be self-harming.
 - One could have experienced the death of a parent.
- Record levels of young people are struggling. Academic pressure, social media, bullying, poverty, lack of availability of professional mental health support – all have been named by various sources as contributing to this epidemic of poor mental health in our young people.

It's clear that young people are not getting the support they need.

Key figures in a young person's life – parents, family members, teachers, tutors, carers, youth workers – can often spot when a young person is struggling but may not know how best to help.

Why should you attend this course?

The course teaches the skills and confidence required to spot the signs of a mental health episode and offer the 'first aid' guidance and support required. This can speed up recovery and helps ensure an episode does not spiral.

The course won't teach you to be a therapist, but will teach you to listen, reassure and respond, even in a crisis. Your training may even help prevent a crisis from happening. The course will also give you the information and skills necessary to look after your own mental health so you can set an example for others.

Why we are offering this course

We hope that by giving more people the tools they need to support their own mental health and the health of those around them, we will strengthen our community. The need has never been greater, as the true impact of the pandemic plays out; our hope is that every young person will be able to access the support they need, when they need it.

We applied for a Grant from the Horsley Community Fund of the Community Foundation of Surrey earlier this year and were fortunate enough to receive funding for this course. It is our intention to apply for additional funding next year so we can offer further courses aimed at different age groups to other organisations within our community.

You can learn to support young people

The Youth Mental Health First Aid Course (MHFAC) is for anyone who works with, lives with, or supports young people aged 8-18. They receive training which provides the skills and confidence to step in, offer first aid and guide them towards the support they need.

This can speed up a young person's recovery, stop issues from developing into a crisis, and ultimately save lives.

By giving adults the information and skills that they need to look after their own mental health, they can set an example for all young people.

Adults can show young people that mental ill health is a part of life in just the same way as physical ill health, that it's OK to talk about and it's OK to ask for help.

By giving people the tools they need to open up these conversations, this can empower them to create mentally healthy, supportive environments amongst their families, schools, youth groups and broader communities.

Together we can create a future where we can look after our own mental wellbeing, and those of others so that issues don't arise in the first place, or when they do, everyone has the tools they need to help solve them. A future where every young person has access to support if they need it.



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