



Scottish Mental Health First Aid: Young People 2 Course Dates

**Tuesday 19th November 2019 – Tesco Community Rm, Inverurie
Thursday 12th December 2019 - Fire Station, Aberdeen**

For those working/support or volunteering with 9 – 17 year olds, this is an evidence learning course for adults to provide initial support; in a crisis and non-crisis situation. Due to demand we now have 3 course dates set until the end of the year.

This course does not train you to become a counsellor or mental health professional. It is designed to teach you to better understand mental health and how it affects young people, as well as learn mental health first aid skills such as:-

- How to recognise the signs of mental health problems or distress
- How to ask about mental distress
- How to provide initial support
- How to guide a young person towards appropriate professional help

The course also aims to show how mental health first aid can be applied in a crisis situation involving a range of common mental health problems, such as depression and anxiety, eating disorders, self-harm, suicide and substance misuse.

This 14-hour training course is designed to increase understanding of mental health and how it affects young people. The course requires several hours of personal CPD both before and after the training day in order to complete the course. The personal learning part of the course is done through the e-learning zone on the SMHFA –YP website.

The Cost is £75 per participant for the 14 hour programme (including 1 day training).

For a booking form, please email workforcedevelopment@thespark.org.uk, or for more information contact Emma Cameron at e.cameron@thespark.org.uk, Tel: 07760257038. Please state clearly which course date you are interested in.