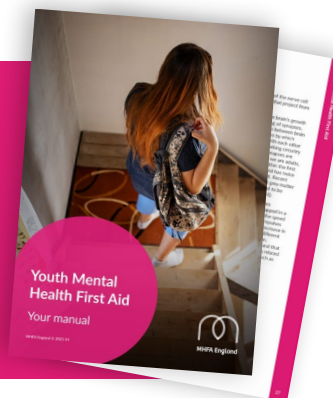




**Empower your staff to  
support young people's  
mental health**

With increasing pressures on young people, your organisation can make a real difference by training your staff in Youth Mental Health First Aid.

This course equips teachers, youth workers, and other professionals with the skills and knowledge to provide crucial support to young people aged 8–18.



## What your team will learn

- How to spot signs of poor mental health early on
- How to offer initial support and guide young people to professional help
- Strategies for creating a supportive environment for young people
- Practical self-care tips to ensure people can maintain their own wellbeing

## Long-term impact for your organisation

Booking the Youth MHFA course not only provides your people or teams with essential training but also ensures they are supported long-term. As part of the course, your team will gain access to England's first and only membership body for Mental Health First Aiders, the **Association of Mental Health First Aiders®**, providing ongoing resources and a community that fosters confident and empowered MHFAiders®.

- **Stay connected with ongoing support:** Your team will benefit from webinars, research insights, and exclusive resources to keep their skills sharp
- **Mental Health First Aid in action:** The MHFAider Support App® provides your team with on-the-go resources to manage challenging situations effectively
- **Supportive environments:** Empower your team to create safer spaces for young people by equipping them with ongoing tools and support

## Want to book training?

To learn more or book a Youth MHFA course:

