



**Tas Franklin**  
**Nurse / Psychotherapist**

**Mental Health Instructor**

07397 304973  
tas@franklincounselling.co.uk

# Youth Mental Health First Aid

## Two Day Course

### Overview

This two day course qualifies you as a **Youth Mental Health First Aider**, giving you:

- An in-depth understanding of young people's mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a young person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- 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 – engaging with parents, carers and external agencies where appropriate
- Ability to support a young person with a long term mental health issue or disability to thrive
- Tools to look after your own mental wellbeing

“Mental health and emotional issues often develop during adolescence or early adulthood. Half of young adults with mental health disorders have developed a psychiatric disorder by 15 and nearly 75 had done so by their late teens.”

(Centre for Economic Performance's Mental Health Policy Group)

Tas Franklin  
Counsellor/ Psychotherapist member of BACP  
Registered Nurse with NMC

**bacp** | professional standards authority  
accredited register  
Registered Member 222718  
MBACP

**NMC** Nursing &  
Midwifery  
Council

# Format

- Two day face to face course across four manageable sessions
- Each session is built around a Youth Mental Health First Aid action plan
- Learning takes place through a mix of presentations, group discussions and workshop activities
- Numbers limited to 16 people per course so that the instructor can keep people safe and supported while they learn

## Course Content

### Part 1:

- About Youth Mental Health First Aid
- Context: England's child health care policy
- About mental health – facts and figures
- Risk factors for mental ill health
- Protective factors for mental health
- Preventing mental health issues and promoting wellbeing
- The Youth MHFA action plan: ALGEE

### Part 3:

- About suicide
- Risk factors and warning signs for suicide
- First aid for suicidal crisis
- About psychosis
- Risk factors and warning signs of psychosis
- Types of psychotic disorders
- Crisis first aid for acute psychosis
- The MHFA action plan for psychosis: ALGEE

### Part 2:

- About depression – facts and figures
- Signs and symptoms
- Risk factors
- About anxiety disorders – facts and figures
- Signs and symptoms
- Risk factors
- The MHFA action plan for depression and anxiety: ALGEE

### Part 4:

- About self-harm – facts and figures
- Risk factors
- Signs and symptoms
- The MHFA action plan for self-harm: ALGEE
- About eating disorders – facts and figures
- Different types of eating disorders
- The MHFA action plan for eating disorders: ALGEE
- Recovery

## Takeaways

Everyone who completes the course gets:

- A certificate of attendance to say you are a Youth Mental Health First Aider
- A Youth MHFA manual to refer to whenever you need it
- A workbook including some helpful tools to support your own mental health

Tas Franklin is an accredited Instructor Member, approved by MHFA England to deliver Youth MHFA courses

