

Mental Health First Aid for Children and Young People

Background

Mental health issues are common and often start at a young age. Half of mental health issues are established by age 14 and two thirds by age 24.

Embedding Mental Health First Aid into your organisation or community encourages people to talk more freely about mental health, promoting early intervention that enables recovery, reducing stigma and creating a more positive culture to support the well-being of children and young people.

Learning Outcomes

This three hour session raises awareness of young people's mental health. It covers:

- Some of the common mental health issues affecting young people, including depression, anxiety, eating disorders and psychosis
- Skills to work more effectively with young people living with mental health issues
- Ways to support young people with a mental health issue and relate to their experiences

For notes on training fees and cancellation policy, please click [here](#).

Level 2

Trainer

Mark Berry – Health Improvement Practitioner,
Public Health,
London Borough of Redbridge

Wednesday 20/01/21

CLASSROOM (half day)

13:15 Registration
13:30 Start
16:30 Finish

[Jo Newman Suite, Lynton House](#)

Thursday 25/03/21

CLASSROOM (half day)

09:15 Registration
09:30 Start
12:30 Finish

[Committee Room 2, Redbridge Town Hall](#)

