

Descriptor 8

Scotland's Mental Health First Aid – Young People (SMHFA YP)

Service Description

Do you work with or care for young person aged 10 and 16 years old or around this age group? Would you recognise if they were in mental distress? Would you know how to approach them and how to provide initial support? If no, then Scotland's mental health first aid: young people course might be of interest. This 14-hour skills course for adults aim to show how mental health first aid can be applied in a crises and non-crisis situation.

Who Should Attend

Anyone who want to be a mental health first aider to offer support to young people and professional groups from junior to senior level management especially school teachers, teaching support and administration staff, community and care home workers, health and social care staff including doctors, nurses and social workers, voluntary and private business staff and so on.

Learning Outcomes

After the three part, 14- hour, course participants will be able to:

- Gain an **understanding** of mental health problems including depression, anxiety, panic attacks, psychosis, self-harm, drugs and alcohol and suicide
- Learn how to **recognise** if someone is experiencing a mental health problem
- Learn **skills** to provide initial support and help a young person who is developing a difficulty with their mental health problems or distress
- to **support** people to access appropriate help, including both professional support and evidence-based self-help strategies
- Explore the relationship between mental health, mental ill health and other health-related behaviours and lifestyle choices

Delivery

Course length : 14 hours divided over three parts 1. Online learning 2. Face to Face 3. Online learning and a reflective activity

Minimum participant 8 and maximum 16 if single trainer and up to 24 if two trainers available

Requirements

Larger room with IT facilities including PowerPoint projector, audio/video facility and a flip chart sheets stand and some sheets

Finding a **SMHFA YP course**

Contact Pam Craig (Health Improvement Administrator) Pam.craig@nhs.net