

# MENTAL HEALTH FIRST AID TRAINING

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**1 DAY CHAMPION COURSE  
FOR PARENTS & CARERS OF  
8 TO 18-YEAR-OLDS  
FREE TRAINING  
09:30AM - 16:00PM**



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## WHAT YOU WILL LEARN

- AN UNDERSTANDING OF COMMON MENTAL HEALTH ISSUES AND HOW THEY CAN AFFECT YOUNG PEOPLE
- ABILITY TO SPOT SIGNS OF MENTAL ILL HEALTH IN YOUNG PEOPLE AND GUIDE THEM TO A PLACE OF SUPPORT
  - KNOWLEDGE AND CONFIDENCE TO ADVOCATE FOR MENTAL HEALTH AWARENESS
  - SKILLS TO SUPPORT POSITIVE WELLBEING

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## COURSE STRUCTURE

**SESSION 1- ABOUT, WHAT IS MENTAL HEALTH AND MENTAL ILL HEALTH, STIGMA AND DISCRIMINATION, DEPRESSION AND SUICIDE.**

**SESSION 2 MENTAL HEALTH CONDITIONS: ANXIETY, SELF-HARM, EATING DISORDERS, PSYCHOSIS, RECOVERY, RESILIENCE**

**For further information please contact:  
[hweicbhv.schoolsmh@nhs.net](mailto:hweicbhv.schoolsmh@nhs.net)**

# YOUTH MENTAL HEALTH FIRST AID TRAINING

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## BOOKING LINKS

### 1 DAY CHAMPION COURSE FOR PARENTS/CARERS

09:30AM - 16:00PM

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Dates	Location	Booking Link	Parking
16th November 2023	Robertson House, Stevenage	<a href="#">Booking Link</a>	Parking available on site
7th December 2023	Hobbs Hill Wood Primary, Dacorum	<a href="#">Booking Link</a>	Parking available on site
30th January 2024	Robertson House, Stevenage	<a href="#">Booking Link</a>	Parking available on site
7th March 2024	Hobbs Hill Wood Primary, Dacorum	<a href="#">Booking Link</a>	Parking available on site

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