

# Youth Mental Health First Aid Training

**FREE**



MHFA England

**1 day Champion course** designed specifically for school professionals working with 8 to 18 year olds.

## You will learn:

- An understanding of common mental health issues and how they can affect young people
- The ability to spot the 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

<b>Friday 12 June 2026</b> 9.30am to 4pm	Hertfordshire County Council, Robertson House, Stevenage, SG1 2FQ	School Professionals	Parking available on site
<b>Friday 10 July 2026</b> 9.30am to 4pm	Hobbs Hill Wood Primary School, Hemel Hempstead, HP3 8ER	School Professionals	Parking available on site
<b>Friday 13 Nov 2026</b> 9.30am to 4pm	Peartree Spring Primary School, Stevenage, SG2 9GG	<b>Parents/Carers</b>	Parking available on roads near venue
<b>Friday 15 Jan 2027</b> 9.30am to 4pm	Springmead Primary School, Welwyn Garden City, AL7 2HB	School Professionals	Parking available on roads near the venue
<b>Thurs 21st Jan 2027</b> 9.30am to 4pm	The Hub, Fleetville Junior School, St Albans, AL1 ALW	School Professionals	Parking available on site
<b>Friday 12 Mar 2027</b> 9.30am to 4pm	Hobbs Hill Wood Primary School, Hemel Hempstead, HP3 8ER	<b>Parents/Carers</b>	Parking available on site

**2 day First Aider course** suitable for everyone who teaches, works, lives with or cares for 8 to 18 year olds.

## You will learn:

- 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
- How to engage with parents, carers and external agencies
- How to support a young person with a long term mental health illness to thrive
- Tools to look after your own wellbeing

<b>Thursday 26 &amp; Friday 27 Nov 2026</b> 9.30am to 4pm	Hobbs Hill Wood Primary School, Hemel Hempstead, HP3 8ER	School Professionals	Parking available on site
<b>Thursday 4 &amp; Friday 5 Feb 2027</b> 9.30am to 4pm	Peartree Spring Primary School, Stevenage, SG2 9GG	School Professionals	Parking available on roads near venue

To book your place please email [schoolsmh@hertfordshire.gov.uk](mailto:schoolsmh@hertfordshire.gov.uk)

**Places are limited to two representatives per education setting**