

# First Aid for Youth Mental Health



## About the course

NUCO First aid for youth mental health is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

This course focusses on the particular issues surrounding Youth Mental Health in a time of mental health crisis for young people

This course is aimed at parents, teachers, youth workers and anyone who has contact with or cares for young people.



## Course content

### Includes...

- Understanding First Aid for Youth Mental Health
- Responsibilities of a Youth Mental Health First Aider
- Specific risk factors in the young
- Identifying mental health conditions
- Providing advice and starting a conversation with young people
- Stress (focusing on youth stressors)
- Mental health conditions
- Drugs and alcohol
- First Aid action plan for mental health
- Promoting wellbeing – good mental health

Please see over the page for more details



## Assessing learning outcomes

- The course concludes with a scenario-based assessment



## Course duration

- 1 day



## Refresher training

- Certification should be renewed after 3 years



## Please bring

- An open mind and willingness to discuss difficult topics



## Publication(s)

- Delegates will be issued with a NUCO First Aid for Youth Mental Health handbook



Visit [www.hcssafety.co.uk](http://www.hcssafety.co.uk) for dates and prices



# First Aid for Youth Mental Health



## Course programme guide

### Session 1

- Introduction
- What is first aid for youth mental health?
- Responsibilities for a mental health for youth first aider
- Impact of mental health problems
  - Emotional development / School outcomes / Family life
- Mental health risk factors:
  - Social media / pornography / exam stress / bullying / hormones / puberty...
- Early warning signs – what to look out for
- Special considerations for younger children / adolescents
- Impacts of social media – the “Anxious Generation”
- Providing advice, starting a conversation

### Session 2

- Stress – causes specific to young people
- Building resilience
- Roles / Boundaries / Identities
- Mental health conditions: Anxiety / depression / eating disorders / self harm / suicide
- Drugs and Alcohol experimentation
- First aid action plan for mental health
- Promoting wellbeing – good mental health
- Assessment paper
- End of day round up



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