



Youth Mental Health First Aid



YOUTH MENTAL HEALTH FIRST AID (YMHFA) is the help given to a young person experiencing a mental health problem before professional help is obtained.

Based on MHFA England's 'Mental Health First Aid' the Youth MHFA has been specifically designed for people who care for or work with young people between 11 and 18 years of age such as parents, carers, teachers, youth workers, support workers, youth offender teams, etc.



Why Youth Mental Health First Aid?

Mental health & emotional problems often develop during adolescence or early adulthood. Half of young adults with mental health disorders have a psychiatric disorder by the age of 15, and 75% by their late teens.

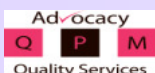
Mental health problems are common, especially depression, anxiety and misuse of alcohol and other drugs with one young person in ten experiencing some form of problem with their emotional and mental health in the course of any one year.

For those aged 15 - 24 years, suicide is the second most common cause of death, accounting for 19% of all deaths in this age group.

Throughout the course of any person's life it is highly likely they will either develop a mental health problem themselves or have close contact with someone who does.



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The aims of Youth MHFA are:

- To preserve life where a young person may be a danger to themselves or others
- To provide help to prevent the emotional or mental health problem developing into a more serious state
- To promote the recovery of good mental health
- To provide comfort to a young person experiencing a mental health problem
- To raise awareness of mental health issues in the community
- To reduce stigma & discrimination



YOUTH MENTAL HEALTH FIRST AID does not teach people to be therapists. However, it does teach people:

- Spot the early signs of a mental health problem
- Feel confident helping someone experiencing a problem
- Provide help on a first aid basis
- Help prevent someone from hurting themselves or others
- Help stop a mental health illness from getting worse
- Help someone recover faster
- Guide someone towards the right support
- Reduce the stigma of mental health problems



HUBB will be running the 2 Day Youth MHFA from November 2010. Rob Thomas is a Mental Health First Aid Instructor and a member of MHFA England's National Training Team for the Youth Mental Health First Aid. Contact us if you would like to add your name to our waiting list.