



*Supporting young people on
the path to better mental health*

Did you know that around 10% of children and young people aged between 5 and 15 have a clinically diagnosable mental disorder?



This 1-day training programme is suitable for anyone working with 8-18 year olds in schools and colleges. It provides participants with information and tools to support children and young people who are experiencing mental illness or emotional distress, as well as helping to reduce stigma and promoting wellbeing across the school or college community

Key areas covered within the course include:

Mental health language | Adolescent development | Stress and resilience
Stigma and discrimination | The five steps of mental health first aid
Depression | Anxiety | Eating disorders | Suicide | Self harm
Psychosis | Non-judgemental listening skills

Date	Venue	Introductory Price
Friday 6 th March 2015 9.30-4.30pm	Young People's Centre Chard Street, Axminster	£110* Including course manual, certificate and refreshments

* MHFA England values this course at £175 per person

To book your place, contact: Debbie Humberstone on debbie.humberstone@edvsa.org.uk
or 01404 549045 / 07970 167341

www.theprojectyp.org.uk

East Devon Volunteer Support Agency

Younghayes Centre
169 Younghayes Road
Cranbrook
Devon
EX5 7DR

tel: 01404 549045 / 07970 167341
email: debbie.humberstone@edvsa.org.uk
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the project

mhfa
mental health first aid Schools

Booking Form Mental Health First Aid for Schools (1 day – Axminster)

Trainer: Christine Carol – Youth MHFA Instructor with MHFA England

£99

**if booked
before 1st
February!**

Date:	Friday 6th March 2015 (Axminster)
Time:	9am-4.30pm
Cost:	£110 (subsidised cost) includes manual, certificate and refreshments (please make your own arrangements for lunch) <u>Book and pay before 1st February for 10% EARLY BIRD DISCOUNT</u>
Location:	Young People's Centre (Pippins), Chard Road, Axminster EX13 5DZ
Applicant Name:	
Email address:	
Organisation (if relevant):	
Address:	
Post Code:	
Telephone Number:	
Do you have any Special Requirements?	
Payment method:	BACS <input type="checkbox"/> Cheque <input type="checkbox"/>

Confirmation of your place on the course will be sent via email on receipt of your booking and payment.
Early Bird Discount applies to bookings made and paid for before 1st February 2015.

- The subsidised charge for this training is £110 per person, or £99 if early bird discount applies
- Payment to be received with booking form sent to address at the top of this form, or if paying by BACS please email booking form to debbie.humberstone@edvsa.org.uk
- Cheque made payable to: EDVSA
- BACS payment: CAF Bank, Sort code: 40 52 40, Account: 00019595 – ref: MHFA Mar15
- Places are limited and will be offered on a first come first served basis