



## Youth Mental Health First Aid

2 day internationally recognised training course  
for people that teach, work, live with or care for young  
people aged 8-18 years

**23<sup>rd</sup> & 24<sup>th</sup> April 2015**

**Old Heathcoat Community Centre  
Kings Street, Tiverton**

**“This 2 day course completely changed my  
thoughts and the way I speak with young  
people I come into contact with”  
“One of the best courses I have done”.**

*course participant feedback*

### Why is it important?

- 1 in 10 young people experience emotional and mental health problems.
- By the time young people become adults the incidence of mental health problems rises to somewhere between 1 in 4 and 1 in 6 people.
- For those aged 15-24 suicide is the second most common cause of death.
- There is evidence to suggest early intervention is hugely beneficial.

### The Youth MHFA course will teach you how to:

- Spot the early signs of a mental health problem in young people
- Feel confident helping a young person experiencing a problem
- Provide help on a first aid basis
- Help protect a young person who might be at risk of harm
- Help prevent a mental health illness from getting worse
- Help a young person recover faster
- Guide a young person towards the right support
- Reduce the stigma of mental health problems

**Cost:** Subsidised at £175 \* which includes Manual & Certificate  
See booking form for Early Bird Discount offer!

**Dates:** 23 & 24 April 2015 (attendance on both days is mandatory to receive Certificate)

**Times:** 9am – 4.30pm

**Location:** Old Heathcoat School Community Centre, 81 Kings Street, Tiverton EX16 5JJ

\* MHFA England values this course at £300 per person



For further information on the course and to book, please contact:

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# East Devon Volunteer Support Agency

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the project



## Booking Form Youth Mental Health First Aid (2 day – Tiverton)

Trainer: Christine Carol – Youth MHFA Instructor with MHFA England

**£157**  
if booked  
before 1st  
March!

Date:	Thursday 23 <sup>rd</sup> and Friday 24 <sup>th</sup> April 2015
Time:	9am-4.30pm on both days
Cost:	£175 (subsidised cost) includes manual, certificate and refreshments (please make your own arrangements for lunch) <b>Book and pay before 1<sup>st</sup> March for 10% EARLY BIRD DISCOUNT</b>
Location:	Old Heathcoat School Community Centre, 81 Kings Street, Tiverton EX16 5JJ
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 1<sup>st</sup> March 2015.**

- The subsidised charge for this training is £175 per person, or £157 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](mailto:debbie.humberstone@edvsa.org.uk)
- Cheque made payable to: EDVSA
- BACS payment: CAF Bank, Sort code: 40 52 40, Account: 00019595 – ref: YMHFA
- Places are limited and will be offered on a first come first served basis

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