



**Medway Teaching  
School Alliance**

**Telephone Enquiries:** (01634 844008)

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**The Medway Teaching School Alliance, in partnership with North Kent Mind, are delighted to be able to offer a two day Mental Health First Aid training.**

### **Mental Health First Aid Training for Youth**

Mental Health First Aid training for Youth is the 2 day training the government recommends should be available in all schools. The Youth MHFA Two Day course, delivered by North Kent Mind, qualifies you as a Youth Mental Health First Aider.

Youth Mental Health First Aiders have:

- 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 –whether that's through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate.
- Ability to support a young person with a long term mental health issue or disability to thrive.

**Session Dates and Times:** Monday 29th and Tuesday 30th April 2019, 9am — 4:30pm

**Cost:**

- £175 per person, including lunch and refreshments. The MTSA terms and conditions apply.

**To book:**

Please contact Sarah Smith at [info@mtsa.co.uk](mailto:info@mtsa.co.uk) or visit the [MTSA website](#).

**Venue:** Sir Joseph Williamson's Mathematical School, Maidstone Road, Rochester ME1 3EL.