



BASIC MENTAL HEALTH FIRST AID FOR CHILDREN



Basic Mental Health First Aid For Children

This course provides an understanding of Mental Health and how to use this knowledge to support those who need supporting. Candidates are taught to be aware of different Mental Health problems facing children and challenges associated with it. The course is interesting, informative and rewarding.

Duration: 2-3 hours

Course Content:

- Introduction to Mental Health
- Mental Health conditions
- Risk Factors
- Stigma
- Stress, Distress and Management
- Spotting the signs
- Prevention Methods
- Communication
- Offering support

Certification:

Each delegate receives a certificate of completion.

Maximum group size:

Up to 16 people

Cost:

Please contact us for further details

