



## mental health first aid IRELAND YOUTH

### Youth Mental Health First Aid Overview

Youth Mental Health First Aid (Youth MHFA) is designed for adults who live with, work with or support young people aged between 12 and 18. This [evidence-based training programme](#) is particularly suited to parents/guardians, volunteers, school staff, sports coaches, community group leaders, youth workers etc.

Participants who undertake Youth MHFA Training will learn how to assist a young person who may be experiencing a mental health problem or a mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence based action plan.

We welcome registrations from individuals who are keen to learn Mental Health First Aid skills to build confidence in supporting young people with their mental health. Please only book a place if you are available to attend the training **in full**.

### Youth Mental Health First Aid Training

**CHO4** is generously funding a Youth Mental Health First Aid training for those in the Cork/Kerry region. Fifteen places are available on this **online** Youth MHFA training:

**Dates:** Thursday 8<sup>th</sup> and Friday 9<sup>th</sup> June 2023, from **09.00-16.00** each day

**Delivery:** The course will take place **online via Zoom** for which you'll receive a link once you register your place.

If you would like to attend this training, please register directly through this link:

<https://www.mhfaireland.ie/courses/3-youth-mental-health-first-aid-online?e=cf9dc880b07940fea74c2333898d7bfc>

**For further information, please contact:**

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Seirbhís Sláinte  
Níos Fearr  
á Forbairt

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