

Level 2 First Aid for Youth Mental Health



DSLs • Pastoral & Wellbeing Leads • Educators • HR & Admin

The qualification has been designed with children and young people in mind covering areas such as depression, self-harm, eating disorders and bullying and will provide the knowledge to recognise a range of mental health conditions, start a supportive conversation, and provide guidance to professional help.

Learners will learn how to recognise and manage stress. Learners will learn about the first aid action plan for mental health and be able to put the plan in place.

This qualification is suitable for anyone who actively connects with children and young people such as parents, carers, teachers, youth group leaders and young adults.

Example of topics covered in this course

- ⚙ Stigma surrounding mental health
- ⚙ Identify factors that can affect a young person's mental health
- ⚙ Understand when to contact the emergency services
- ⚙ Explore in further detail specific disorders such as self-harm, PTSD and eating disorders
- ⚙ Plus many more ... there are too many to list here!

Any learner who completes the course to a satisfactory level, both in participation and passing the assessment, will receive an international qualification.

All of our mental health first aid courses are delivered by fully-accredited instructors, with professional experiences as DSLs, Pastoral Leads or, most importantly, as accredited therapeutic counsellors or coaches.

Our Tutors bring 'real life' interventions (whilst practicing confidentiality) to make the learning on the mental health first aid courses as practical, and applicable, to your work environment.

You do not need to have undertaken the Level 1 to attend this course.

Please note that Mind Your Health can offer you both Level 2 qualifications during the same course delivery.

Course delivery

Length: 7 hours (breaks included)
Delivered in one, or two sittings, according to your needs either in-person or via Zoom

No. of delegates: 16 maximum

Age of delegates: 14 years and above

Course materials:

- ✓ recommended links
- ✓ resource sheet
- ✓ books if ordered



For further information or to book, please contact George Peterkin at:

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Mental Health First Aid • Suicide First Aid • Safeguarding • Mental Health Warrior® Awareness