mental health first aid
IRELAND YOUTH

Youth Mental Health First Aid

The Youth Mental Health First Aid course from Mental Health First Aid Ireland is designed for adults who live with, work with or support young people aged between 12 and 18. This course teaches participants how to assist a young person who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence-based action plan.

This evidence-based training programme is particularly suited to parents/guardians, school staff, sports coaches, community group leaders, youth workers etc. The course curriculum was designed using guidelines developed through the expert consensus of people with lived experience of mental health problems and mental health professionals.

Mental health topics covered

- Depression
- Anxiety
- Eating Disorders
- Psychosis
- Substance Use Problems

Youth MHFA training format

Youth Mental Health First Aid training is a 14-hour course typically run over two consecutive days. Training can take place online (max. 15 participants) or in person (max. 20 participants). The training is delivered by two accredited Youth Mental Health First Aid instructors who will support your participation and learning.

Course delivery includes the use of case studies, training videos, group activities etc. and there are opportunities for discussion throughout in order to enhance your learning.

All participants who complete the course will receive a certificate of completion and a Youth Mental Health First Aid manual.

Why attend Youth Mental Health First Aid training?

International studies have shown that Mental Health First Aid training is associated with improved knowledge of mental health problems, their treatments and appropriate first aid strategies. MHFA training is also associated with a reduction in stigmatising attitudes, an increase in helping actions as well as confidence in providing first aid to individuals with mental health problems.

What Youth MHFA participants say...

A very well crafted course, designed to maximise the time and provided a great balance of learning, discussing and interacting. The instructors were very welcoming, genuine, good listeners and great at responding to any and all questions....

Simple, strategic model that anyone can use to talk to a young person about their mental health in a confident, non-judgmental and safe way.

It was excellent, there were so many wow moments...this training makes me a better youth worker and helps my community.

For further information

If you would like more information on Youth Mental Health First Aid training or to arrange a course for your own organisation, please contact Mental Health First Aid Ireland:

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