

# Youth Mental Health First Aid Training

**1 day Champion course** designed specifically for school professionals working with 8 to 18 year olds.

**FREE**



## You will learn:

- An understanding of common mental health issues and how they can affect young people
- The ability to spot the signs of mental ill health in young people, and guide them to a place of support
- Knowledge and confidence to advocate for mental health awareness
- Skills to support positive wellbeing

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|---------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------|-------------------------------------------|
| <b>Friday 12 June 2026</b><br>9.30am to 4pm | <del>Hertfordshire County Council,</del><br><del>Robertson House, Stevenage, SG1 2FQ</del> | <del>School Professionals</del> | <del>Parking available on-site</del>      |
| <b>Friday 10 July 2026</b><br>9.30am to 4pm | <del>Hobbs Hill Wood Primary School,</del><br><del>Hemel Hempstead, HP3 8ER</del>          | <del>School Professionals</del> | <del>Parking available on-site</del>      |
| <b>Friday 13 Nov 2026</b><br>9.30am to 4pm  | Peartree Spring Primary School,<br>Stevenage, SG2 9GG                                      | <b>Parents/Carers</b>           | Parking available on roads near venue     |
| <b>Friday 15 Jan 2027</b><br>9.30am to 4pm  | Springmead Primary School, Welwyn<br>Garden City, AL7 2HB                                  | School Professionals            | Parking available on roads near the venue |
| <b>Thurs 21st Jan 2027</b><br>9.30am to 4pm | The Hub, Fleetville Junior School,<br>St Albans, AL1 ALW                                   | School Professionals            | Parking available on site                 |
| <b>Friday 12 Mar 2027</b><br>9.30am to 4pm  | Hobbs Hill Wood Primary School,<br>Hemel Hempstead, HP3 8ER                                | <b>Parents/Carers</b>           | Parking available on site                 |

**2 day First Aider course** suitable for everyone who teaches, works, lives with or cares for 8 to 18 year olds.

## You will learn:

- 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
- How to engage with parents, carers and external agencies
- How to support a young person with a long term mental health illness to thrive
- Tools to look after your own wellbeing

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|--------------------------------------------------------------|-------------------------------------------------------------|----------------------|---------------------------------------|
| <b>Thursday 26 &amp; Friday 27 Nov 2026</b><br>9.30am to 4pm | Hobbs Hill Wood Primary School,<br>Hemel Hempstead, HP3 8ER | School Professionals | Parking available on site             |
| <b>Thursday 4 &amp; Friday 5 Feb 2027</b><br>9.30am to 4pm   | Peartree Spring Primary School,<br>Stevenage, SG2 9GG       | School Professionals | Parking available on roads near venue |

To book your place please email [schoolsmh@hertfordshire.gov.uk](mailto:schoolsmh@hertfordshire.gov.uk)

**Places are limited to two representatives per education setting**