

# Online Youth Mental Health First Aid

Learn to support young people

- Gain an in-depth understanding of mental health and factors that can affect wellbeing in the youth sector
- Develop practical skills to spot the triggers and signs of mental health issues
- Feel confident to step in, reassure and support a young person in distress
- Enhance your interpersonal skills such as non-judgemental listening and learn to champion self-care

For more info and to book, contact:



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