



## **Youth MHFA Two Day Course Programme\***

### **Day 1 – Session 1 – 09:00 (with a 15-minute break around 10:45)**

- About Youth Mental Health First Aid
- About Mental health
- Protective Factors and Promoting Mental Health

### **Lunch – 12:45**

### **Day 1 – Session 2 – 13:30 (with a 15-minute break around 15:00)**

- About Depression and Anxiety
- The MHFA Action Plan for Depression and Anxiety

### **Finish – 17:00**

### **Day 2 – Session 3 – 09:00 (with a 15-minute break around 10:45)**

- Suicide
- Psychosis
- The MHFA Action Plan for Suicide and Psychosis

### **Lunch – 12:45**

### **Day 2 – Session 4 – 13:30 (with a 15-minute break around 15:00)**

- Self-Harm
- Eating Disorders
- The MHFA Action Plan for Suicide and Psychosis
- Recovery

### **Finish – 17:00**

\*Please note: due to the nature of the course and the fact that it often stimulates discussion, break timings are to be seen as a guideline only, but you will finish on time!