**Children & Families Workforce Development Programme**  
‘Developing Core Skills & Knowledge to Improve Outcomes for Children, Young People and their Families’

<table>
<thead>
<tr>
<th>Training Event Title:</th>
<th>Mental Health 1st Aid</th>
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<tbody>
<tr>
<td><strong>Trainer:</strong></td>
<td>Jae Harris</td>
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<td><strong>To book a Place:</strong></td>
<td>Follow this link to book a place and see further programmes available with the Early Help Partnership Workforce Development Programme. Any issues with bookings or using CPD, please contact Carol-Anne McNicol on <a href="mailto:childcare.jobs@bcpcouncil.gov.uk">childcare.jobs@bcpcouncil.gov.uk</a></td>
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| **Event Description:** | This is a 2 day course, the skills and techniques are suitable for use with children and young people over the age of 8 years. The Mental Health First Aid course is designed to enable practitioners to understand about young people’s emotional and mental health. It provides participants with a simple five basic steps approach to providing support, ALGEE.  
- Ask, assess, act.  
- Listen non-judgementally  
- Give reassurance and information  
- Enable the young person to get appropriate professional help  
- Encourage self-help strategies.  

The training has a clear focus on issues faced by young people today and also teaches the importance of promoting wellbeing and protective factors.  
(Terms and conditions apply, available on website at time of booking.) |
| **Learning Outcomes:** | By the end of the Event, participants will have had the opportunity to learn about and explore:-  
- Spot the early signs of a mental health issue in young people  
- Feel confident helping a young person experiencing mental ill health  
- Provide help on a first aid basis  
- Help protect a young person who might be at risk of harm  
- Help prevent a mental health issue from getting worse  
- Help a young person recover faster  
- Guide a young person towards the right support  
- Reduce the stigma of mental health issues. |
| **Target Group:** | Available for all Bournemouth, Christchurch and Poole practitioners at the subsidised rate, who work with children, young people and their families to improve their outcomes: Including Private, Voluntary and Independent sector, Schools, Health and Local Authority staff.  
Skills and techniques taught in this course are suitable for use with children of 8 years and above. |
| **Closing date:** | 2 weeks before event |
| **Subsidised cost to participant:** | £20  
Subsidised by the Bournemouth Early Help Partnership Workforce Development Programme (the full cost before subsidy is £100.) |
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<tr>
<th>Available places:</th>
<th>16</th>
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<tr>
<td>Limited to 2 practitioners per organisation, (more than this number may register to be included on the waiting list and will be offered a place numbers permitting.)</td>
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