

Training Hub offering – Mental Health First Aider

North East London Health and Care Partnership in collaboration with the Training Hub are pleased have added new dates for the Mental Health First Aider - Adult and Youth sessions. Both sessions will be delivered over four bitesize sessions online. All four sessions must be attended to be certified.

[Adult](#) session

This course qualifies you as a Mental Health First Aider, giving you:

- An in-depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix

[Youth](#) session

This is suitable for those working with children and young people. The training will teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. In doing so, you can speed up a young person's recovery and stop a mental health issue from getting worse.