



Training in Mind

Hyfforddiant Mewn Meddwl



Youth Mental Health First Aid

Why Mental Health First Aid?

The Mental Health First Aid action plan

Mental health problems in young people

What are mental health problems?
How common are mental health problems?
Disability caused by mental health problems
Helpful resources

Depression in young people

What is depression?
Importance of early intervention for depression
What causes depression?
The Mental Health First Aid action plan for depression
How to help a suicidal person
Helpful resources

Anxiety disorders in young people

What is an anxiety disorder?
Understanding the Fight, Flight, Freeze response
Importance of early intervention for anxiety disorders
What causes anxiety disorders?
The Mental Health First Aid action plan for anxiety disorders
How to help a person having a panic attack
How to help a person who has experienced a traumatic event
Helpful resources

Psychosis in young people

What is psychosis?
Importance of early intervention for psychosis
What causes psychosis?
The Mental Health First Aid action plan for psychosis
What to do if a person appears threatening
Helpful resources

Substance use disorders in young people

What is a substance use disorder?
Importance of early intervention for substance use disorders
What causes substance use disorders?
The Mental Health First Aid action plan for substance use disorders
How to help if a person has overdosed
Helpful resources

Eating disorders in young people

What are eating disorders?
What causes eating disorders?
The Mental Health First Aid action plan for eating disorders
Helpful resources

Non-suicidal self-injury in young people

What is non-suicidal self-injury?
What causes self-injury?
The Mental Health First Aid action plan for non-suicidal self-injury
Helpful resources