



LEVEL TWO

FIRST AID FOR YOUTH MENTAL HEALTH

This programme equips you with the knowledge and confidence to spot signs of mental health challenges and respond effectively.



HOW LONG IS IT?

6 hour course with a professional discussion and practical scenario



HOW MUCH DOES IT COST?

£130 + VAT per learner



PRINCESS ROYAL
TRAINING AWARD
2024



Apprenticeship Provider
of the Year
Winner 2025



What to expect...

- A supportive, interactive online learning experience
- Practical guidance on recognising common mental health issues in youth
- Strategies for offering initial help and guiding young people to appropriate support
- Insights into stigma, stress, anxiety, depression, self-harm, and more

What learners will gain:

- A nationally recognised FAA Level 2 Award in First Aid for Youth Mental Health
- Confidence to act as a first responder in youth mental health situations
- Enhanced communication and listening skills
- A deeper understanding of how to promote positive mental wellbeing

What you will learn?

1	Know what mental health is, why young people develop mental health conditions and the role of a first aider for mental health
2	Know how to recognise and manage stress
3	Know how to recognise a range of mental health conditions
4	Understand the first aid action plan for mental health and be able to put in place



Find out more...
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Connect
2 Funeral Services