



Are you interested in becoming a Youth Mental Health First Aider?

Places are available on Mental Health England's **Youth Mental Health First Aid course** through the Be You programme funding for schools in Trailblazer areas.

The next course will be held at Seaton Valley High School and is open to all interested Northumberland staff. **Please note further courses will be scheduled 2026 to 2027 if this course is not accessible for you.**

Venue: Seaton Valley High School

Dates: Tuesdays, 22.9.26, 29.9.26, 6.10.26 and 13.10.26*

Timings: 4pm to 7pm

This 4 session course trains you to support young people's mental health through providing in-depth understanding, practical skills and confidence to respond, even in a crisis.

The Youth Mental Health First Aid (MHFA®) course is for everyone who works with, lives with or supports young people aged 8-18.

The format and content:

- Two-day face-to-face course delivered across four manageable sessions after school (***all 4 sessions need to be attended to complete the course and gain Mental Health England certificate**)
- Learning takes place through a mix of presentations, group discussions and workshop activities
- Course covers general mental health, depression and anxiety, suicide, psychosis, self-harm and eating disorders
- Participant numbers are limited to 16 people per course so that the instructor can keep people safe and supported while they learn

SIGN UP [HERE](#)

Everyone who completes the course receives:

- A certificate of attendance to say you are a Youth MHFAider®
- Access to the online digital YouthMHFAider® course manual to refer to whenever you need it
- A workbook including some helpful tools to support your own mental health
- A Youth MHFA Action Plan card and lanyard
- Access to The MHFAider Support App® compatible with iOS, Android, and web browsers.

By completing this course, you will also be eligible to join the [Association of Mental Health First Aiders®](#), England's first and only membership body for Mental Health First Aiders. Membership is free and grants you access to three years of MHFAider support and benefits to help you carry out your role with confidence, skill, and care.

"Excellent, course informative, bringing colleagues together, useful learning tool I can use has a support staff. Would definitely recommend to any workplace." (February 2026)

"After completing the course I feel more confident in my role as a MHFA at work and also in my home life." (March 2026)

"Great course with easy to follow slides and work book." "Well worth completing the course. It is extremely relevant in the role that I do and also in my home life. Amanda delivered the course brilliantly throughout." (March 2026)

"The course was very thorough and informative and run in an understanding caring manner." "Enjoyed the course and supportive with my role." (May 2026)

If you would like to reserve your place on the course, please follow this link to the online booking form [HERE](#). If you have specific access requirements, please mention it when booking the course.

The training will be delivered by Amanda Sayers from Cygnus Support, a trained MHFA® England Instructor Member and part of the Be You team.