



## Comparison Table Youth MHFA England® Accredited Courses

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Course	Duration	Ideal For*	Key Learning Outcomes	Resources & Certification
<b>Youth MHFAider®</b> (Youth Mental Health First Aid)	Two full days (or four half-days)	Those who want the most comprehensive Youth MHFA England training, including full youth first aider responsibilities Maximum of 16 learners	<ul style="list-style-type: none"> <li>- In-depth understanding of youth mental health and factors that affect wellbeing</li> <li>- Recognise signs of a wide range of youth mental health issues</li> <li>- Provide initial help and support until professional help is available</li> <li>- Confidently guide young people towards appropriate services</li> <li>- Maintain own wellbeing while supporting others</li> </ul>	<ul style="list-style-type: none"> <li>- Youth MHFA England workbook and manual</li> <li>- MHFAider® Action Plan</li> <li>- Digital MHFAider® Support App and 3 years of ongoing support</li> <li>- Certificate as a qualified Youth MHFAider®</li> </ul>
<b>Youth Mental Health First Aid Refresher</b>	4-hours	Qualified Youth MHFAiders® whose certification is nearing 3 years Maximum of 16 learners	<ul style="list-style-type: none"> <li>- Refresh knowledge and skills gained on the Youth MHFAider® course</li> <li>- Renew confidence in spotting signs and offering support</li> <li>- Update on the latest mental health guidance and best practice</li> </ul>	Refresher workbook Updated Youth MHFAider® certificate (valid for another 3 years)
<b>Youth Mental Health Champion</b>	One full day (or two half-days within two weeks)	Time-poor youth workers or carers who want to support young people Maximum of 16 learners	<ul style="list-style-type: none"> <li>- Recognise signs of poor mental health in young people</li> <li>- Provide initial reassurance and support</li> <li>- Signpost to appropriate help</li> <li>- Promote a positive mental health culture</li> <li>- Look after one's own wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>- Workbook and manual</li> <li>- Youth Mental Health Champion certificate of attendance</li> </ul>
<b>Youth Mental Health Aware</b>	Half-day (4 hours)	Anyone seeking an introduction to youth mental health awareness and the confidence to start conversations Maximum of 25 learners	<ul style="list-style-type: none"> <li>- Understand young peoples' mental health and factors affecting it</li> <li>- Recognise signs of poor mental health</li> <li>- Challenge stigma</li> <li>- Start supportive conversations</li> <li>- Look after one's own wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>- Workbook and manual</li> <li>- Youth Mental Health Aware certificate of attendance</li> </ul>

\*Our youth courses are designed for people (+16 years of age) supporting young people aged 8 – 18 years of age.

For all your mental health and neurodiversity training needs, contact The Hayward Hub – [Hello@HaywardHub.co.uk](mailto>Hello@HaywardHub.co.uk) or 07810511784.