

## Training courses from **Norfolk Education Library Service** Supporting literacy and learning in your school

### **Mental Health First Aid Youth Lite**

Gain a wider understanding of some issues surrounding young people's mental health

**Course Date:** Wednesday 14<sup>th</sup> March

**Time:** 1:30 p.m. – 4:30 p.m.

**Venue:** Vernon Castle Room, Norfolk and Norwich  
Millennium Library, Norwich

**Cost:** 1 ELS token (£70)

**Course leader:** Bec Jasper MHFA Youth Lite Provider



**Course closing date:** 9<sup>th</sup> February 2018

#### **Course Objectives:**

Your Youth MHFA Lite instructor will deliver training that enables you to:

- Gain a wider understanding of some issues surrounding young people's mental health
- Interact more effectively with young people who are experiencing mental health issues

#### **The course will:**

- Explore the issues around young people's mental health and how to relate to them
- Help you to support young people who may be experiencing mental health issues

**At the end of the course everyone will receive a copy of the Youth MHFA Lite manual which is an excellent resource**

To book a place on the course please complete a booking form (available on our website) and return to the Education Library Service via email, fax, or post.  
Or book through the SLA online website [www.s4s.norfolk.gov.uk](http://www.s4s.norfolk.gov.uk)

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