

Mental Health First Aid (Youth One Day Training)

24.02.2026 | 08:45 - 16:30

Location: Kingshott School, St Ippolyts, Hithcin, Hertfordshire, SG4 7JX

IAPS Members: £199

Non-IAPS Members: £250

Audience: All staff working with young people in schools

Course Directors: Mike Crossley, MHFA Instructor, Senior Mental Health Lead and previously Head of Langley Prep at Taverham Hall

With ISI and Ofsted's increased focus on considering a school's approach to mental health and wellbeing, it is becoming increasingly apparent that all staff will benefit from a greater awareness of pupils' mental health and wellbeing and the first aid incorporated within this intensive one-day course will be very helpful. Delegates will increase their knowledge and understanding of topics such as anxiety, depression, self-harm, eating disorders and suicide and the training will ensure an awareness of the MHFA Action Plan which includes knowing how to approach a young person with mental health challenges, assessing and assisting with crisis as well as gaining a greater awareness of appropriate professional help, other supports and learning the skills involved in listening non-judgementally. There will be ample opportunity to share best practice and discuss current challenges which exist in our schools. All delegates will receive a comprehensive course manual, workbook, MHFA action plan and certification as an MHFA Champion.

08:45

Registration and coffee

09:00

Session 1: Why Youth MHFA One Day? What is mental health and mental ill health?

10:55

Break

11:05

MHFA Action Plan: Depression, Suicide

13:05

Lunch

13:35

Session 2: Anxiety, Self-harm, Eating Disorders

15:00

Comfort break

15:05

Session 3: Psychosis, Recovery, Resilience

16:30

Depart

IAPS Courses Terms and Conditions

Cancellation: If a delegate cancels his or her booking, they are entitled to the following refunds based on the amount of time the booking was cancelled prior to the course:

- Up to and including 8 weeks prior: a full refund
- Between 8 and 6 weeks prior: a 75% refund
- Between 6 and 4 weeks prior: a 50% refund
- Between 4 and 2 weeks prior: a 25% refund
- 2 weeks prior or less: IAPS regrets that no refund can be made.

We are unable to reimburse you for any expenses incurred in advance, such as travel or accommodation costs which are no longer required due to the cancellation of a course, it being changed to a remote format, or delegates cancelling due to unforeseen circumstances, e.g. travel disruption. Schools should ensure they have the relevant insurance in place to cover these costs.

IAPS reserves the right to cancel an event at any time for example, but not limited to, if the event is unsustainable to run due to a low number of attendees, venue/speaker cancellation, transport issues (e.g. rail strikes). We will do all we can to ensure our courses go ahead as planned. There may also be occasions where courses that were due to take place in person may have to take place online.

Please ensure you have read and understood our [term and conditions](#) before proceeding with your booking.

Data Protection: At IAPS we are committed to protecting your personal data and we want to make sure we meet GDPR standards. For information on how we retain this data, go to our [Data Retention Policy](#), and for details of how we access it go to our [Privacy Policy](#).

We will continue to be in touch with you in line with our updated data policies. If you have a question about your data, want to update your details or have your data removed, contact us at data@iaps.uk.

Photography: Photographs will be taken at IAPS events and may be used for marketing purposes.

Insurance: IAPS regrets that it cannot accept liability for loss or damage however caused to the personal property of any person attending this or any other event organised under the auspices of the Association.

By booking a place on this course/conference, we will use your data to contact you about similar information in the future. You have the opportunity to unsubscribe from this now by contacting courses@iaps.uk or at any point subsequently that you do not wish to receive these communications by unsubscribing from the specific communication.



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