



Independent  
Association of  
Prep Schools

## Q60: Mental Health First Aid (Youth one day training)

**Date** Thursday 16 November 2023  
**Venue** Bishop's Stortford College Prep School, Maze Green Road, Bishop's Stortford, Hertfordshire, CM23 2PH  
**Cost** IAPS members - £199 (non-IAPS members - £299)

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.

**Audience** All those staff with the mental health and wellbeing of pupils as their primary responsibility. Particularly relevant for form tutors, Heads of Year, matrons, senior management. Although with ISI and Ofsted's increased focus on 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.

**Course Director & Presenter** Mike Crossley, Previously Head of Langley Prep at Taverham Hall

**Programme: Thursday 16 November 2023**

*Please note the earlier start and later finish – particularly when making your travel arrangements.*

Time	Activity
0900	Registration and coffee
0915	Session 1: Why Youth MHFA One Day? What is mental health and mental ill health?
1115	Break



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1130	MHFA Action Plan Depression Suicide
1330	Lunch
1400	Session 2: Anxiety Self-harm Eating Disorders
1530	Comfort break
1535	Session 3: Psychosis Recovery Resilience
1700	Depart

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**Terms and conditions of cancellation:** If a delegate cancels his or her application up to and including 8 weeks prior to the date of the course, a full refund will be provided. For bookings cancelled between 8 and 6 weeks, a refund of 75% of the fee will be given. Cancellations made between 6 and 4 weeks prior to the event will receive for a 50% refund, and 25% will be refunded up to and including 2 weeks prior to the date. Thereafter, 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](mailto: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](mailto:courses@iaps.uk) or at any point subsequently that you do not wish to receive these communications by unsubscribing from the specific communication.*