



Independent
Association of
Prep Schools

N66: Mental health first aid

Date Monday 1 November 2021
Venue Ashorne Hill, Leamington Spa, CV33 9QW
Cost £200 (non IAPS members – additional £100)

The government pledged that every state school would have a qualified MHFA first aider in their midst by 2021. As no provision was made for independent schools, we are lacking such ‘champions.’ ISI and Ofsted have both indicated they will be looking for a clear mental health lead and understanding of this key aspect in upcoming inspections. This course will provide a good mixture of practical and theory – it will be intense, but incredibly worthwhile. Delegates will receive a certificate, a workbook and manual.

Audience All who teach, work, live with or care for young people aged 8 to 18

Objectives Delegates will learn how to provide information, tools and techniques to promote a young person’s mental and emotional wellbeing, as well as how to support a young person who might be experiencing mental and emotional distress.

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

Programme: Monday 1 November 2021

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

- 0900** Registration and coffee
- 0915** Session 1:
Why Youth MHFA One Day?
What is mental health and mental ill health?
- 1115** Break
- 1130** MHFA Action Plan
Depression
Suicide
- 1330** Lunch

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(2)

1400 Session 2:
Anxiety
Self-harm
Eating Disorders

1530 **Comfort break**

1535 Session 3:
Psychosis
Recovery
Resilience

1730 Depart

Terms and conditions of cancellation: If a delegate cancels his or her application up to and including 4 weeks prior to the date a refund of 75% of the fee will be given; 50% of the fee will be refunded up to and including 2 weeks prior to the date; thereafter, IAPS regrets that no refund can be made.

Data protection: At IAPS we are committed to protecting your personal data and we want to make sure we meet GDPR standards. We hold your data so that we can send you details on future events. For information on how we retain this data and how we access it, view our data protection documents on www.iaps.uk/iaps-data-protection-documents.html. 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

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.