



mental health first aid  
IRELAND YOUTH

# Learn skills to support young people's mental health

We are delighted to offer places on an "Open" YMHFA course for any adult who supports young people or young adults.

Places on the training are limited and **fully funded** through our partnership with the HSE (the value of each place is €350.00).

**Dates:** Friday 25th and Saturday 26th April 2025

**Times:** 09.30-16.30 each day (attendance for the full duration is required to be eligible for certification)

**Venue:** Maldron Hotel, Bellevue Avenue, Merrion Road, Dublin 4. D04 K5C2

To register your attendance, please scan here:



Youth Mental Health First Aid (YMHFA) is designed for adults who live with, work with or support young people aged between 12 and 18. This evidence-based training programme is particularly suited to parents/guardians, school staff, sports coaches, community group leaders, youth workers etc.

Participants who undertake Youth MHFA Training will learn how to assist a young person who may be experiencing a mental health problem or a mental health crisis until appropriate professional help is received, or the crisis resolves, using a practical, evidence-based action plan. We welcome registrations from individuals who are keen to learn Mental Health First Aid skills to build confidence in supporting young people with their mental health.

**Please only book a place if you are available to attend the training in full.**

**Important:**

- This course is not a therapy/support group and is not suitable for anyone under the age of 18 to attend.
- If you have experienced a recent crisis or bereavement linked to mental health, we recommend that you wait 12-18 months before attending YMHFA training.



Licensed Provider

For further information,  
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