

**1 IN EVERY 5 INDIANS  
SUFFERS FROM A MENTAL ILLNESS.  
IT CAN BE ANYONE AROUND YOU.**



***Be a Mental Health First Aider***

Youth Mental Health First Aid training is a 14 – hours training that teaches participants how to provide initial support to a young person who may be experiencing a mental health problem, or mental health crisis, until professional help is received or the crisis resolves, using a practical, evidence-based Action Plan. The principle of Mental Health First Aid can be applied to all age groups.

### **What will I learn in a youth Mental Health First Aid course?**

The course is based on guidelines developed of mental health problems and professionals. It provides an overview of mental illnesses, risk factors, prevalence, and impact before taking a much closer look at the following mental health problems:



**Depression**



**Panic attacks**



**Anxiety**



**Eating disorders**



**Suicidal thoughts  
and behaviours**

A Youth Mental Health First Aid course also looks at how to apply mental health first aid in a range of crisis situations, including suicidal thoughts and behaviours, panic attacks, aggressive behaviours, and severe psychotic states.

## Why attend a youth Mental Health First Aider course?

Evaluations consistently show that by attending a course, participants improve their knowledge of mental illnesses, their treatments and appropriate mental health first aid strategies. Course participants also report improves confidence in providing mental health first aid to individuals and by improving mental health literacy, much of the stigma surrounding mental health problems is reduced.

## Become an Accredited Mental Health First Aider

Once you've completed the training you are a Mental Health First Aider(MHFAider). At the end of the course there is a short accreditation assessment. You can complete this to become an Accredited MHFAider. Your accreditation is valid for 3 years.

It's important to remember that our courses do not teach people to be therapists or counsellors and they do not teach them how to diagnose mental illnesses or provide ongoing support.

*If you are a parent, a teacher, a friend or an employee who works directly with or for youth,*

***This course is for You!***

Two weekends – Saturday & Sunday

**10.00 AM to 2.00 PM**

**Duration: 14 hours plus breaks**

Online Training

Medium of Instruction – English

Eligibility of Participants – Any Graduate  
(21 years & above)

**Cost – INR 7500/- inclusive of all taxes**

(It includes 14 hrs. training, 150+ page Hard copy Manual, Certificate & Courier charges)



## Who is delivering the training?

Mpower is the pioneer and licensed provider for Youth & Teen Mental Health First Aid Program in India.

**Mpower, an initiative of Aditya Birla Education Trust**, headed by Mrs. Neerja Birla, is a Mental Health Organization aiming to provide holistic solutions for mental wellness.

**Click here**

For further inquiry email at: [mpower.workshops@abet.co.in](mailto:mpower.workshops@abet.co.in)