

Talking about our Youth Mental Health First Aid offer: Key messages

This document has been developed to help you talk about MHFA England®’s new Youth Mental Health First Aid offer. We want to give you the tools to raise awareness of our Youth MHFA course and its new features and benefits. It is also important that we are consistent with what we say about the offer. This will help us build trust and authority as a brand with our key stakeholders.

We know that you speak to a range of different audiences so have created this document with that in mind.

About MHFA England
We are MHFA England. We are a social enterprise with a vision to improve the mental health of the nation.
We will achieve this through our mission to train one in ten people in mental health knowledge, awareness, and skills.
Setting the scene
Record levels of young people are struggling with their mental health. Academic pressures, social media, bullying, poverty, inequality, and the lack of timely professional mental health support available are all contributing factors.
The Youth MHFA course has been updated for 2025 with the latest knowledge and research to provide ongoing support to Mental Health First Aiders so they can support others.
Key messages



Our new Youth MHFA offer		
<p>The Youth MHFA course is for anyone who works with, lives with, or supports young people aged 8-18.</p>	<p>Youth MHFAiders gain the knowledge, awareness, and skills to spot the signs of a young person experiencing emotional distress or poor mental health, the confidence to start a conversation, and the tools to safeguard and signpost to appropriate support.</p>	<p>The Youth MHFA course has been developed through an inclusive lens, with extensive input from young people with lived experience.</p>
<p>The course was co-designed with young people, Youth MHFAiders, and Youth Instructor Members.</p>	<p>With our new offer, training doesn't stop when the course comes to an end. We provide continuous support for Youth MHFAiders, well beyond initial certification, so they are empowered and motivated to carry out their role.</p>	<p>Youth MHFAiders are now invited to join the Association of Mental Health First Aiders – England's first and only membership body for Mental Health First Aiders. Members will gain exclusive access to a wide range of resources and learning opportunities so they can fulfil their roles with confidence, skill, and care.</p>
For workplace audience		
<p>Key figures in a young person's life, including teachers, carers, and youth workers, can often spot when a young</p>	<p>We want to set an example for young people in schools and youth settings by treating mental health equally to physical health. We need to show them that it's</p>	<p>Our Youth MHFA course is ideal for anyone who works with young people. Learners will gain the knowledge, awareness, and skills to spot signs of a</p>

<p>person is struggling but may not know how to best help.</p>	<p>okay to talk about mental health and to ask for help.</p>	<p>young person experiencing emotional distress and poor mental health, be confident to start a conversation, and signpost to appropriate support.</p>
<p>With the MHFAider Support App, exclusive resources, and ongoing learning opportunities through the Association of Mental Health First Aiders, your people will be able to keep their learning and confidence alive.</p>	<p>With confidence, community, and ongoing support, Youth MHFAiders will feel empowered to provide support where it's needed.</p>	<p>Together we will create mentally healthy, supportive environments in schools, colleges, youth groups, and communities.</p>
<p>For individual purchaser audience</p>		
<p>Key figures in a young person's life, including parents, guardians, and carers, know them best. You can often spot when a young person is struggling but may not know how to best help.</p>	<p>We want to set an example for young people by treating mental health equally to physical health. We need to show them that it's okay to talk about our mental health and to ask for help.</p>	<p>Our Youth MHFA course is ideal for anyone who lives or works with young people. Learners will gain the knowledge, awareness, and skills to spot signs of a young person experiencing emotional distress and poor mental health, be confident to start a conversation, and signpost to appropriate support.</p>
<p>With the MHFAider Support App, exclusive resources, and ongoing learning opportunities through the Association of</p>	<p>With confidence, community, and ongoing support, Youth MHFAiders will feel</p>	



MHFA England

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Youth MHFA benefits		
Reduces stigma around mental health issues.	Encourages learners to build supportive environments for young people – whether that be in their families, schools, youth groups, or communities – where they feel they can be open about their mental health.	Encourages self-care and gives adults the tools to look after their own mental health to set an example for young people.
Promotes early intervention and recovery, which can prevent a young person's mental health from deteriorating.	Increases confidence to have a supportive conversation about mental health.	Promotes equity and understanding around mental health from different perspectives.
Provides an action plan for supporting young people experiencing emotional distress or poor mental health.	Provides comprehensive guidance about professional support pathways, as well as what an appointment entails and how a young person can prepare.	Provides access to the Association of Mental Health First Aiders – England's first and only membership body for Mental Health First Aiders – with exclusive support and benefits.
The Association of Mental Health First Aiders		
Youth MHFA training continues long after the course comes to an end, with	Youth MHFAiders are invited to become members of the Association of Mental	Members receive exclusive access to a wide range of resources, from training and



<p>continuous support provided for Youth MHFAiders well beyond their initial certification.</p>	<p>Health First Aiders, so they are confident they have the tools they need to carry out their roles effectively.</p>	<p>qualifications to events and research. By providing people with the right learning tools and support, we can help to shape healthy and productive workplaces and communities.</p>
<ul style="list-style-type: none"> – The MHFAider Support App®. Access to features such as a 24/7 text support service, signposting to a national database of health services, and insights that teach critical self-care skills. 	<ul style="list-style-type: none"> – Access to the MHFA England Online Learning Hub. This includes resources such as course manuals and Youth MHFAider guides. 	<ul style="list-style-type: none"> – First-hand insights. Learn from real people sharing their honest and lived experiences of mental health conditions.
<ul style="list-style-type: none"> – Online networking. Invites to exclusive quarterly webinars to help Youth MHFAiders carry out their role with confidence, skill, and care. 	<ul style="list-style-type: none"> – Monthly newsletters. Youth MHFAiders are kept up to date with all the latest news from our community. 	<p>As a mission-driven not-for-profit organisation, members of the Association of Mental Health First Aiders can be proud to know they are helping individuals, workplaces, and communities become more mentally healthy and productive.</p>
<p>Learning outcomes for Youth Mental Health First Aiders</p>		
<p>Be able to explain what mental health is.</p>	<p>Describe how to look after your own mental health and wellbeing.</p>	<p>Describe the signs of possible poor mental health in young people.</p>



Explain some of the risk factors associated with poor mental health in young people.	Demonstrate how to apply the Youth MHFA action plan (ALGEE) in a conversation with a young person.	Describe the role of a Youth MHFAider.
Course structure		
The course is made up of four sessions, each of 3.5 hours.	The course is available for both face-to-face and online delivery.	
Why MHFA England training?		
We are the national authority on mental health first aid.	MHFA England training is key for creating a healthy workplaces and communities where mental health and physical health is valued equally.	Since MHFA England was founded in 2007, our Instructor Members have provided training to over 20,000 workplaces equating to hundreds and thousands of MHFAiders.
MHFA England Instructor Member training is accredited by the Royal Society of Public Health, meaning a quality assured and consistent training experience.	91% of people had a better understanding of mental health after completing their MHFA England course.	Together we can improve the mental health of the nation.
Proof points		



<p>Research by NHS Digital showed that 1 in 6 children aged 5-16 had a probable mental health condition July 2021 – an increase from 1 in 9 in 2017.</p> <p>50% of mental health conditions are established by age 14 and 75% by age 24.</p> <p>Suicide is the main cause of death in young people under the age of 35 in the UK. Over 200 school-aged young people are lost to suicide every year (Papyrus).</p> <p>The number of suicides in people under the age of 25 has gone up over the last 10 years (HM Government).</p> <p>96% of young people surveyed across England reported that their mental health had affected their schoolwork at some point (Mind).</p>	<p>Poor mental health is both a cause and a consequence of inequality. As a result, some groups of young people are at greater risk than others:</p> <ul style="list-style-type: none">– Children and young people with a learning disability are three times more likely than average to have a mental health problem (Lavis et al., 2019)– 70% of young people who experienced racism in school said it impacted their wellbeing (Mind)– A research project into the mental health of LGBTQIA+ young people reported significantly higher levels of poor mental health, including depression, anxiety, self-harm, and suicide thoughts (Metro Charity).– One in eight (13%) LGBTQ+ people aged 18-24 said they've attempted suicide in the last year (Stonewall)	<p>Just over 1 in 3 children and young people with a diagnosable mental health condition get access to NHS care and treatment (NHS England).</p> <p>Spending by local authorities on early intervention services for children and young people was cut by 50% between 2010/11 and 2020/21 (Children's Society).</p> <p>Investment in community youth services, such as youth clubs and groups, have fallen across the country. Despite this the needs of young people have increased (National Youth Agency).</p> <p>YoungMinds reported a 48% increase in demand for its helpline supporting parents and carers with concerns about their child's mental health between 2019 and 2021.</p> <p>Two-thirds (67%) of young people said they would prefer to be able to access mental health support without going to</p>
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	<ul style="list-style-type: none">- Young people who experience disrupted education, inadequate housing, or poverty are more likely to develop poor mental health (Mind)	their GP but half (53%) said they didn't know how else to access this help (YoungMinds).
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