

## Youth Mental Health First Aid Awareness for Parents

*Presented by Ellie Garrett, Mental Health Lead, The Beacon*

**Venue: The Beacon, Park Farm Road, Folkestone, Kent. CT19 5DN**

**Date: 07 October 2022**

**Time: 09.00 – 12.00**

This introductory three-hour session raises awareness of young people's mental health. It covers:

- Some of the common mental health issues affecting young people, including depression, anxiety, eating disorders and psychosis
- Skills to work more effectively with young people living with mental health issues
- Ways to support young people with a mental health issue and relate to their experiences

Everyone who completes the session gets:

- A certificate to say you are Youth Mental Health Aware
- A manual to keep and refer to whenever you need it

Learning takes place through a mix of presentations, group discussions and workshop activities

Refreshments provided.  
Lunch is available to purchase at the Cafe.

**To book or for further details, please contact:**

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