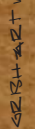


"I really did enjoy the course, it has changed the way I work on a daily basis. The richness and diversity of the course has also had an impact on the way I practice."

"The course really helped confirm my beliefs about our clients, which gave me confidence in myself. Anybody who works with young people should take part in the course."

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For more information, to book your place on the next training course and to keep up with the latest Emotional First Aid™ news stories and events, please visit...

emotionalfirstaid.co.uk

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EMOTIONAL FIRST AID™

FOR YOUNG PEOPLE

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EMOTIONAL FIRST AID™

DON'T FORGET YOUR STAMP

Emotional First Aid™ training course; written by Stuart Gemmell, Jacquie Kelly and Dave Smith of CAMHS, Southampton Community Healthcare

INTRODUCING EMOTIONAL FIRST AID & HOW TO BECOME AN EMOTIONAL FIRST AIDER

find out more →



WHAT IS EMOTIONAL FIRST AID™?

"Emotional First Aid™ is the initial response given to a young person experiencing emotional distress before specific professional help is sought and obtained."

Nationally it is estimated that about one in four young people will have a mental health, emotional or behavioral problem sometime in their life.

The Emotional First Aid™ training course is directed at practitioners who come into contact with young people eg. teachers, youth workers and project co-ordinators, to aid the detection of signs in from young people of 'emotional stuckness' thereby reducing the risk of more severe disorders.

Each of the 6 sessions focuses on a specific area or issue arising when working with a young person.

This is your opportunity to become a registered Emotional First Aider and even go on to train others.

AS AN EMOTIONAL FIRST AIDER, YOU CAN:

- ✓ PROMOTE POSITIVE EMOTIONAL HEALTH
- ✓ PROVIDE SUPPORT AND REASSURANCE
- ✓ AID IN ACCESSING APPROPRIATE SERVICES
- ✓ UNDERTAKE RISK ASSESSMENT TO HELP PREVENT HARM TO SELF OR TO/FROM OTHERS
- ✓ CREATE A PARTNERSHIP WITH THE YOUNG PERSON FIND SOLUTIONS (GETTING THROUGH THIS TOGETHER)
- ✓ ASSIST IN EARLY DETECTION AND INTERVENTION
- ✓ INCREASE KNOWLEDGE, REDUCE STIGMA AND INCREASE THE SKILL BASE FOR THE EMOTIONAL FIRST AIDER

The Emotional First Aid™ course uses individually commissioned material throughout the learning process. This includes the 'Me & U' booklet and DVD featuring writing, poetry and artwork by young people and 'The Rough Guide to Anxiety', a guide to dealing with the negative effects of anxiety and how to embark on making the necessary positive changes.

BECOME AN EMOTIONAL FIRST AIDER

Simply complete the form below and we will get back to you with details of the next Emotional First Aid™ training course in your area.

Alternatively, you can email us at info@emotionalfirstaid.co.uk with your booking enquiry and we will get back to you in due course.

Thank you for your interest, we look forward to hearing from you.



YES, I WANT TO BECOME AN EMOTIONAL FIRST AIDER, PLEASE CONTACT ME AT...

name.....

company.....

address.....

e-mail.....

telephone number.....