

KSCMP Youth Mental Health First Aid Training

Funded by KCC i-THRIVE



This two-day, face-to-face, course trains you as a Youth Mental Health First Aider, giving you:

- an in-depth understanding of young people's mental health and factors that affect wellbeing
- practical skills to spot the triggers and signs of mental health issues
- confidence to reassure and support a young person in distress
- enhanced interpersonal skills such as non-judgemental listening
- knowledge to help a young person recover their health by guiding them to further support – whether that's through self help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate
- ability to support a young person with a long-term mental health illness or disability to thrive
- tools to look after you own mental wellbeing.

Those who complete the will receive a:

- certificate of attendance to evidence they are a Youth Mental Health First Aider
- Youth mental health first aid manual to refer to when necessary
- Workbook including some helpful tools to support your own mental health

Event dates:

- Wednesday 19th and 26th November 2025, 9.30am – 4.30pm, at The Friars, Aylesford Priory, Partick Geary Room, ME20 7BX.
- A further 2-day session will be held in April 2026 however this will not be available to book until the November session has taken place. **We will send another flyer for this session to notify when booking is open.**

Booking instructions:

If you would like to attend this event, please book a place via your [KSCMP training account](#). Please note you will need to enrol onto the course then book onto the event date otherwise your booking will not be registered.

For those who have not already registered with our training site you can create an account by visiting <https://www.kscmp.org.uk/training/multi-agency>

If you have any queries, please email kscmptraining@kent.gov.uk

As places are limited early booking is advised.