

Youth Mental Health First Aid Overview

[Youth Mental Health First Aid \(Youth MHFA\)](#) is designed for adults who live with, work with or support young people aged between 12 and 18. This [evidence-based training programme](#) is particularly suited to parents/guardians, school staff, sports coaches, community group leaders, youth workers etc.

Participants who undertake Youth MHFA Training will learn how to assist a young person who may be experiencing a mental health problem or a mental health crisis until appropriate professional help is received, or the crisis resolves, using a practical, evidence-based action plan.

We welcome registrations from individuals who are keen to learn Mental Health First Aid skills to build confidence in supporting young people with their mental health. **Please only book a place if you are available to attend the training in full.**

Youth Mental Health First Aid Training

IABA YMHFA Instructors will host two YMHFA courses between **August and September 2025**, fully funded through the MHFAI partnership with the HSE.

A limited number of places, each valued at €350.00, are available on these YMHFA courses.

Note: Please book a place on one course only. It is not possible to ‘mix and match’ sessions across both courses.

Course	Dates	Time	Course Delivery	Location	Registration Link
Course 1: over 2 days	Thursday 14th and Friday 15 th August 2025	09.00-16.00 each day	Online	Zoom details will be sent once you register your place.	Book your place on COURSE 1
Course 2: over 2 days	Saturday 13 th and Sunday 14 th September 2025	09.00-16.00 each day	In person	Swinford Boxing Club, Bridge Street, Swinford. Co. Mayo. F12 HX05	Book your place on COURSE 2

For further information, please contact the IABA YMHFA Instructors:

Stephen Flynn (National Safeguarding Manager): Stephen@iaba.ie and

Patrick Adejayan (Equality, Diversity, and Inclusion Officer): Patrick.ad@iaba.ie

Important:

- YMHFA training is not a therapy/support group and is not suitable for anyone under the age of 18 to attend.
- If you have experienced a recent crisis or bereavement linked to mental health, we recommend that you wait 12-18 months before attending YMHFA training.