

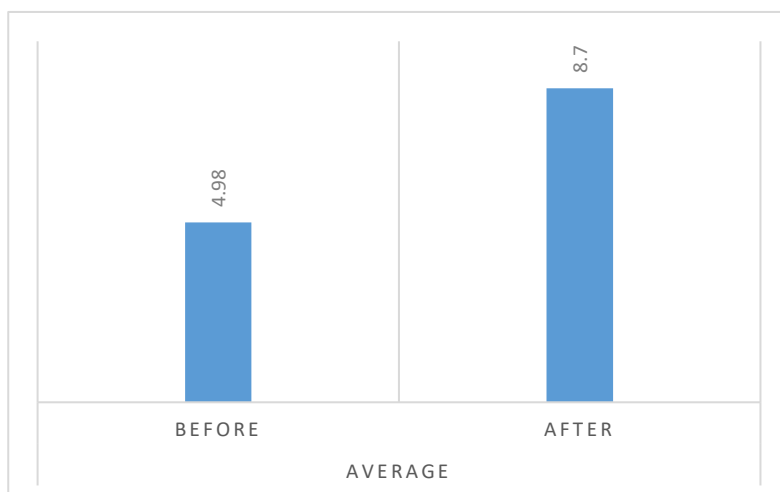
YOUTH MENTAL HEALTH FIRST AID – IMPACT REPORT

(Based on 75 participants)

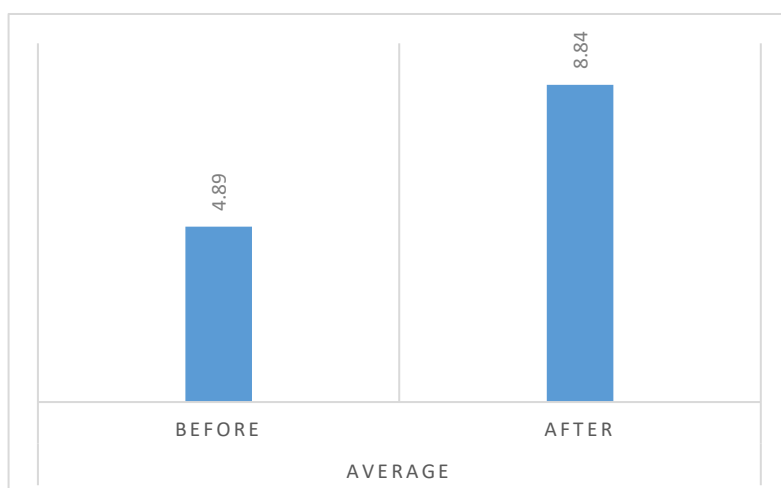


MHFA England

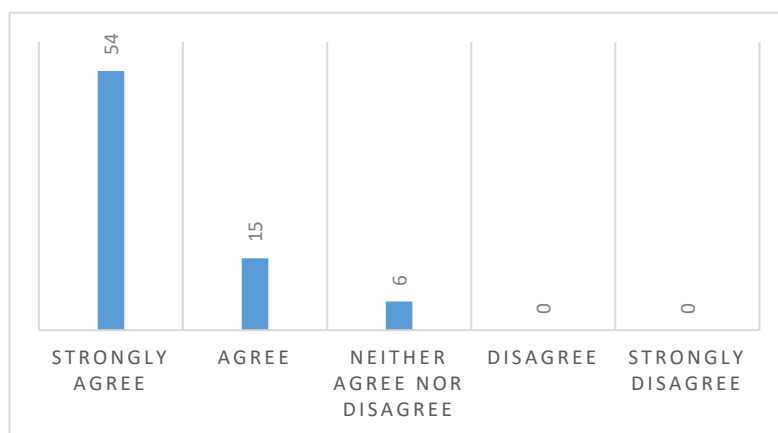
- 1) On a scale of 0 – 10 please score your personal confidence of how best to support others with a mental health issue before and after the course: (where 0 is the lowest and 10 is the highest)



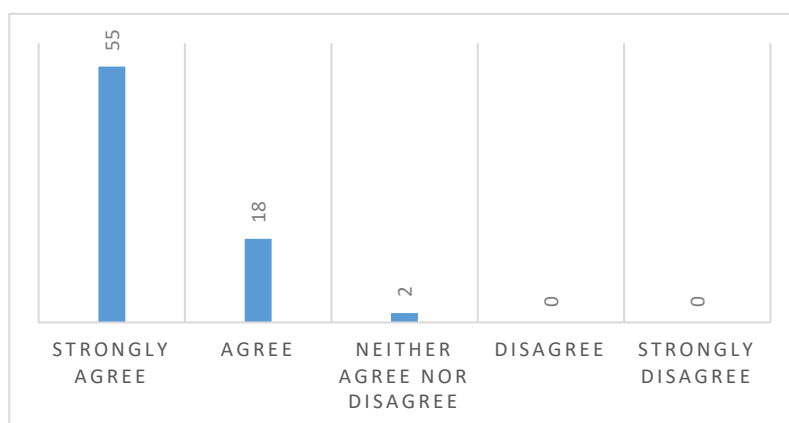
- 2) On a scale of 0 – 10 please score your knowledge and understanding of how best to support others with a mental health issue before and after the course: (where 0 is the lowest and 10 is the highest)



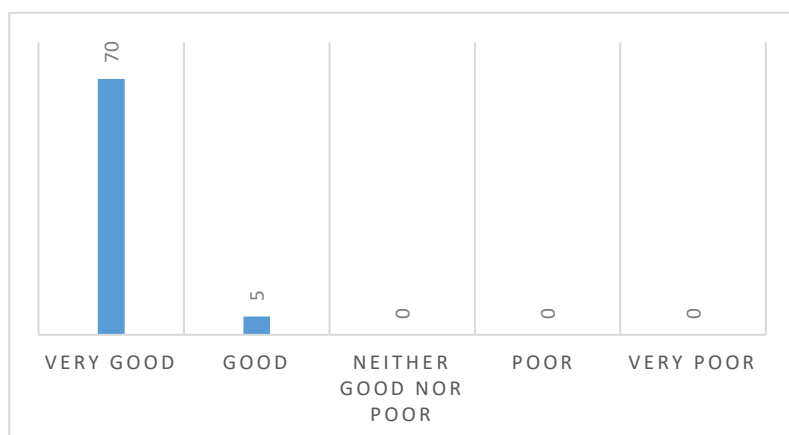
- 3) As a result of the training, I am less likely to judge people with mental health issues negatively.



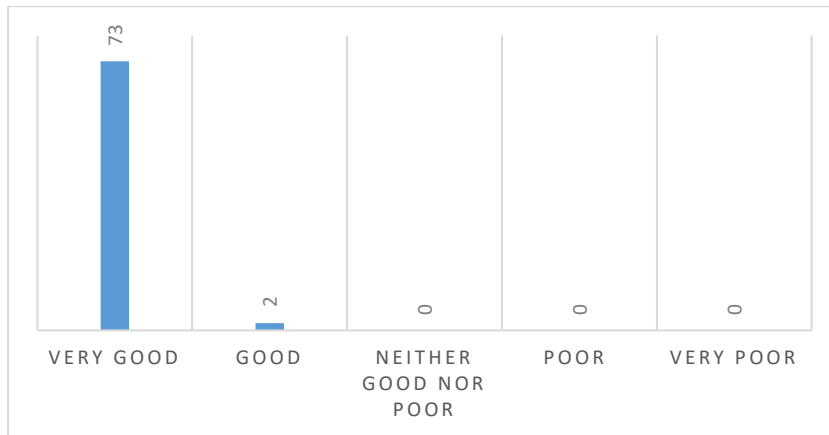
- 4) As a result of the training, I am more likely to consider mental health and mental ill health a normal part of everyday life.



- 5) How would you rate the MHFA course?



6) How would you rate your instructor?



Statistics

- 100% increase in confidence
- 100% increase in knowledge

Other comments

"Very informative and shows mental health in a positive way"

"Really interesting and friendly instructor"

"A really informative and enjoyable course-learnt a lot"

"Excellent course. Brilliant instructor! Made me much more confident"

"Would highly recommend to others of all backgrounds not just professionals"

"Excellent, well-paced course, really thoughtful, experienced trainer"

"Brilliant tutor very knowledgeable. Feel a little more confident"

"Excellent, well informed delivery. Extremely knowledgeable, calm and approachable instructor. Course content was spot on and informative, event to someone with prior knowledge of the subject"

"Found the training very informative and I have a better understanding of youth mental health. Thank you"

"Most valuable training I have attended in year. So informative and interesting. Brilliant content & trainer"