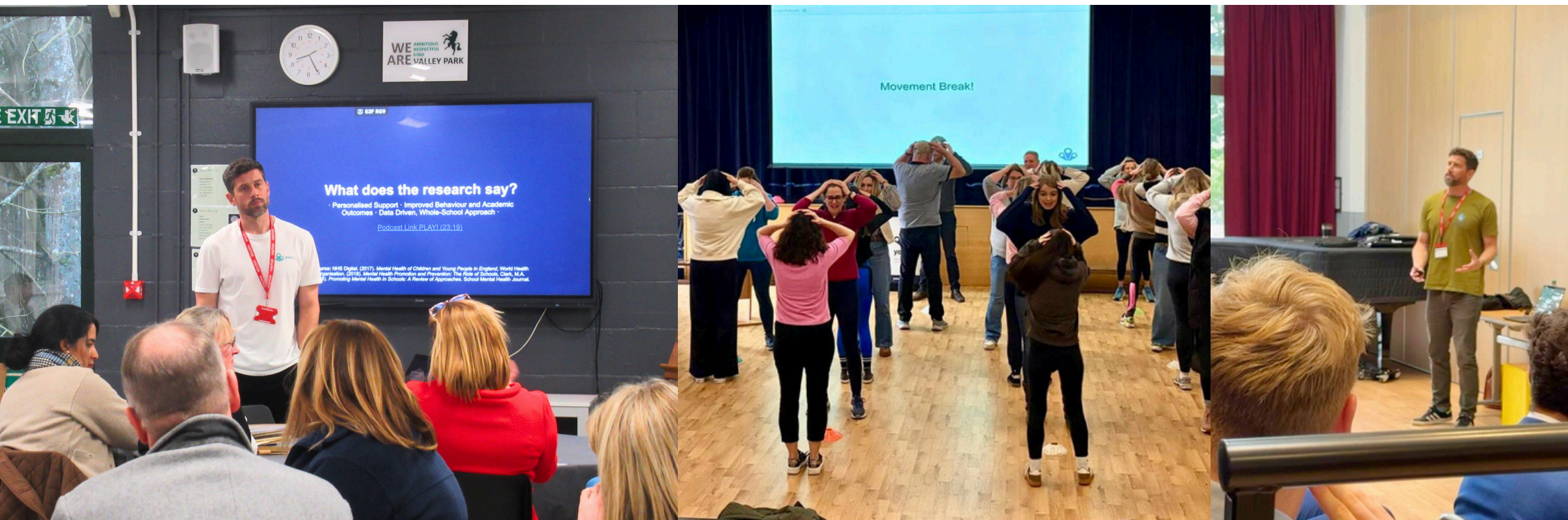


Training, Inset & Workshops



First Aid For Mental Health

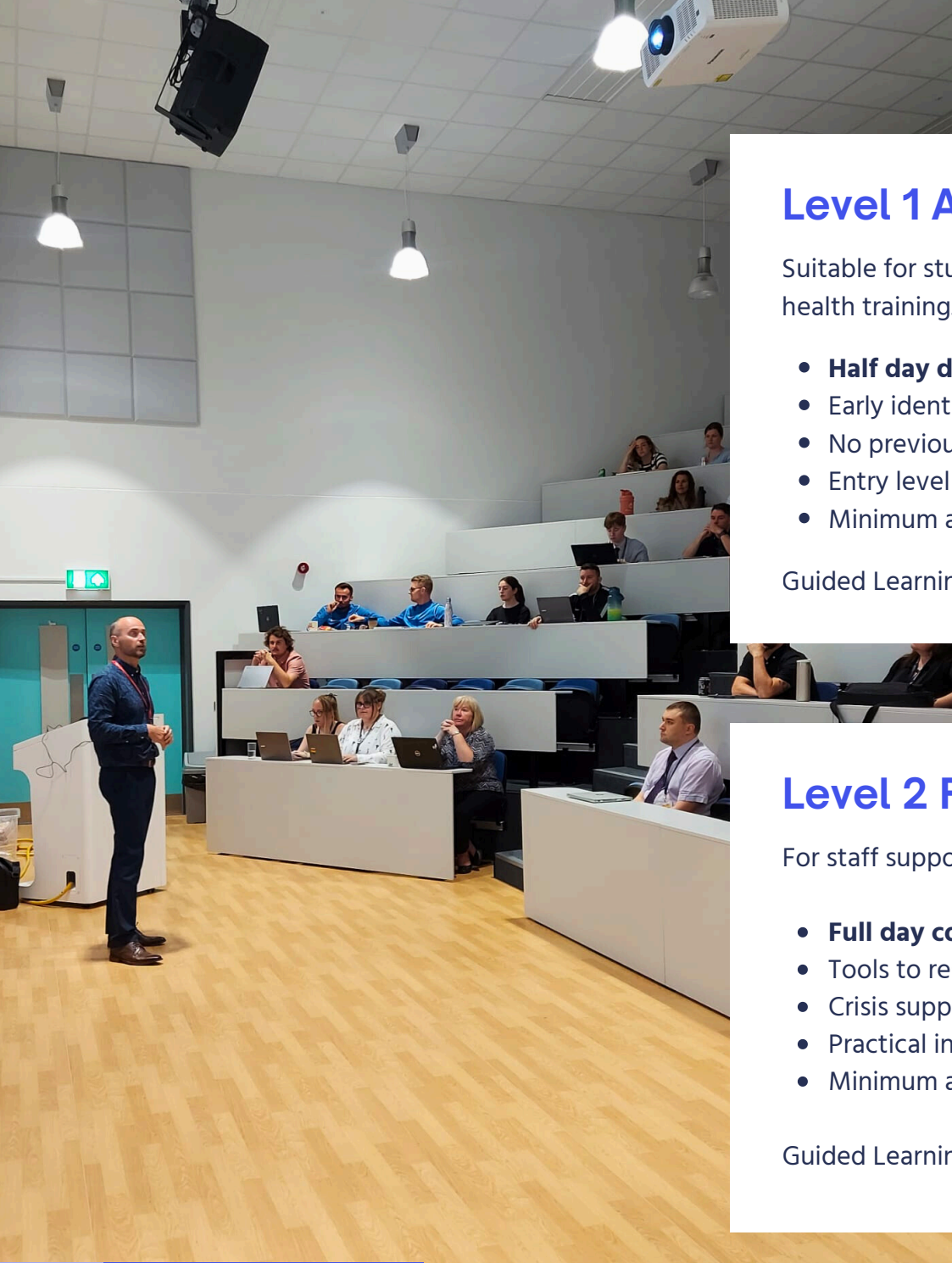
Our accredited training is designed to equip individuals with the skills to recognise common signs of mental ill health, start supportive conversations with compassion, and guide someone towards the right support.

youHQ offers a variety of Youth and Adult First Aid for Mental Health training courses, to suit all needs and settings. Attendees aren't taught to diagnose or treat, but they'll know how to act early, confidently, and effectively when it matters most.

Key Details:

- Our MH FA training is **internationally recognised**
- Certification is **valid for three years** after completion
- **Small group size** to optimise and protect the quality, discussion and sensitivity of training. We strive for a learner to instructor ratio of **16:1** (online) & **12:1** (in-person)





Level 1 Awareness of First Aid for Mental Health

Suitable for students being trained as Wellbeing Champions - or for staff new to mental health training. Ideal for schools and/or organisations with limited time or budget.

- **Half day delivery**
- Early identification and confidence building
- No previous experience required
- Entry level qualification
- Minimum age: 14

Guided Learning Hours (GLH): 4 | Total Qualification Time: 5 Hours

Level 2 First Aid for Mental Health

For staff supporting other adults in the workplace and/or education settings.

- **Full day course**
- Tools to respond to mental ill health
- Crisis support and signposting
- Practical intervention framework
- Minimum age: 14

Guided Learning Hours (GLH): 6 | Total Qualification Time: 7 Hours

Level 2 First Aid for Youth Mental Health

Highly recommended for teachers, school staff, parents, coaches, and youth workers who support and work with children & young people.

- **Full day course**
- Child and adolescent mental health focus
- Self harm, anxiety, trauma, eating disorders
- School and safeguarding aligned
- Minimum age: 14

Guided Learning Hours (GLH): 6 | Total Qualification Time: 7 Hours

Level 3 Supervising First Aid for Mental Health

For school senior leadership teams, wellbeing leads, safeguarding leads, and/or any managers with responsibility for mental health strategy.

- **Two-day advanced qualification**
- Mental health strategy and policy
- Managing Mental Health First Aiders
- Organisational culture and risk management
- Minimum age: 16

Guided Learning Hours (GLH): 12 | Total Qualification Time: 15 Hours



Case Study


In February 2026, Jez delivered Stage 1 Awareness of Mental Health First Aid at Leighton Park School. This crew of Year 9 to 12 students are the first at the Berkshire-based school to be trained as 'Wellness Champions', trusted peers to check in, listen, and signpost support to younger students in need.

"It was so powerful for me seeing how maturely these young people have taken to the content and the course. [...] Huge thanks to Jez Belas for **delivering the course so brilliantly**, and to youHQ for continuing to enhance our partnership."
- Danny Clark, Tutor & Wellbeing Lead at Leighton Park

"It really helps **you appreciate yours and others' wellbeing**. We learnt about how to help people with their emotions and how we can help them get through some of the struggles that they're having. If they were feeling down or had an argument with their friends, we're now here to help them feel safe and so they have someone extra to talk to."

- Ruhan, Mental Health First Aid Course Delegate, Year 9





**“I thought the youHQ team were excellent.
Real people, delivered with real enthusiasm and
passion for children’s wellbeing and mental health.”**

Student Workshops, Talks & Assemblies

Our school visits go beyond theory and wellbeing jargon, giving your school community the hands-on experience, tools, language, and confidence to put wellbeing into practice.

From sleep to movement, exam stress to anxiety, our workshops build emotional vocabulary, spark conversations, and guide young people in building key life skills.

Key Details:

- Workshops last between **45 to 60 minutes**
- Our facilitators host sessions both **online** and **in-person**
- youHQ talks were founded to **address the topics and issues causing low mood** at schools using our student wellbeing app. Since then, we've visited many user and non-user schools across the world with our workshops!



Movement and Mindfulness

Popular with prep and primary schools, our Movement & Mindfulness workshops bring a jolt of joy, energy and fun to your students' wellbeing education.

Delivered by PE and Sports experts, using **Moki bands** to track MVPA (moderate to vigorous physical activity), we take young people on a journey through body and mind. Delve into the neuroscience behind physical activity and mood - and have loads of fun along the way!

"We were delighted to welcome youHQ for an action-packed day of workshops with our Year 1, 2 and 5 pupils. Children took part in exciting Winter Olympics-inspired team challenges. A real highlight was using Moki bands - wearable fitness trackers that monitor movement and physical activity. It was fantastic to see such enthusiasm, resilience and collaboration on display. A huge thank you to the youHQ team for delivering such an engaging and energetic experience for our pupils."

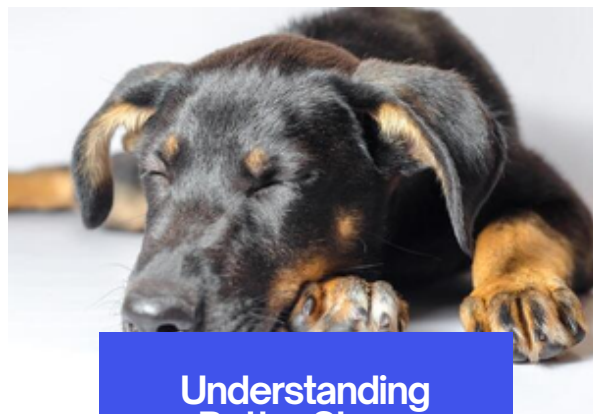
- Helen Atkinson, Head of Learning Support at **Brighton College Prep Handcross**

"Year 5 and 6 had a fantastic wellbeing workshop with youHQ. After a high energy interval session and mood check ins before and after, children clearly felt the positive impact of movement. They left motivated, understanding the science behind it, and inspired to set personal goals. A truly uplifting experience for all!"

- Donal O'Sullivan, Head of Maths & Wellbeing at **Prospect House Prep School**



We also offer a range of other wellbeing and personal development workshops for students, including...



Understanding Better Sleep

Exploring all things to do with zzz's

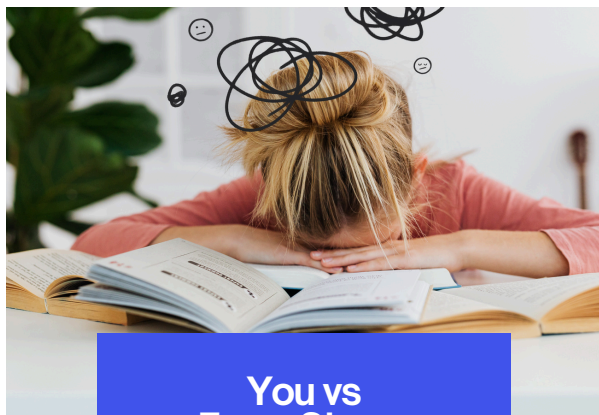
All Ages



The Pillars of Wellbeing

Inspiring healthier habits for body and mind

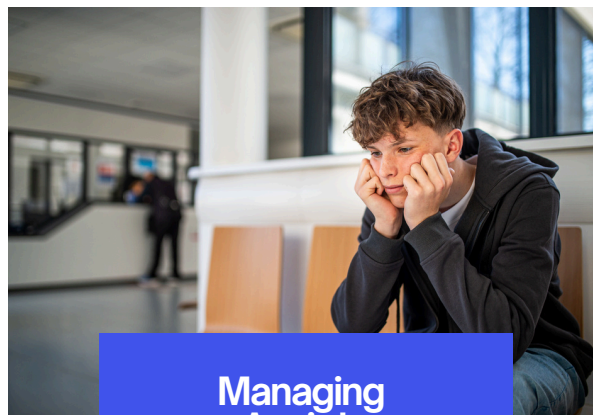
All Ages



You vs Exam Stress

Practical wellbeing strategies for upcoming tests

Age 15+



Managing Anxiety

Decoding the link between physical and mental health

Age 13 +



You Choose!

Chat to our experts about a bespoke session for your students

All Ages

Testimonials



“Great to welcome Jez Belas from youHQ to talk to our Y12s and Y13s about the pillars of wellbeing. Lots of great conversations today in our seminar groups about how we can look after ourselves!

Highly recommend Jez as a speaker - very positive reviews from staff and students!”

Matt Phillips, Chaplain at **Stamford School**

“He developed the theme bringing together up-to-date research, current trends and scientific ideas with great insight. [...]

Jez created a safe environment where the students felt comfortable and confident about sharing their thoughts and asking questions.”

Richard Hoe, Senior Teacher (Wellbeing) at **Churcher’s College**





“Jez visited our school and delivered a really engaging and interactive session with our Year 10 and 11 students.

The talk was thoughtful and ideas around values-led wellbeing resonated with our young people. The students also enjoyed the active workshop, which helped them see the benefit of physical activity to mental health.”

Jack Talman, DSL & Head of PSHE
at **Frensham Heights**





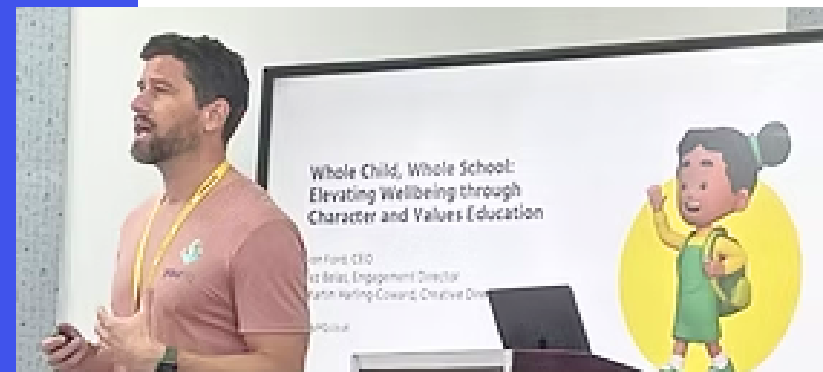
Staff INSET Days

Wellbeing That Drives Performance. An INSET day should do more than inspire. It should shift culture.

At youHQ, we deliver high impact, research-informed INSET days that connect staff wellbeing, student regulation and academic outcomes. This is not a motivational talk. It is practical, strategic and immediately usable.

We have **a network of inspiring experts** on topics such as: Sleep, Diet & Nutrition, Movement, Mindfulness, Mental Health, Personal Development, Trauma Informed Practice, and Wellbeing & Inspections.

Pricing starts in the the region of **£3,000 exc VAT** for a full day of INSET. Please get in touch so we can help you build yours.



"The staff thought the day was great and importantly, they thought you and the other speakers were brilliant! Thank you so much for your enthusiasm and energy. You and the team at youHQ certainly made the day happen!"

Nick Williams, Deputy Head Pastoral and Head of Wellbeing
at **Hatherop Castle Prep School**





Supporting schools, organisations and leaders with
practical workshops & accredited mental health training

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