

Mental Health Awareness – Children and Young People

BACKGROUND:

1 in 10 children and young people aged 5 - 18 suffer from a diagnosable mental health disorder and more than half of all adults with mental health problems were diagnosed in childhood. Less than half were treated appropriately at the time.

“By promoting good mental health and intervening early, particularly in the crucial childhood and teenage years, we can help to prevent mental illness from developing and mitigate its effects when it does.”

No Health Without Mental Health: A cross-government strategy (2011)

TARGET GROUP:

Anyone working directly or indirectly with children and young people who are vulnerable and suffer from a mental health disorder.

COURSE AIMS:

This course aims to support those working with children to enhance their knowledge of the types of mental health conditions that may affect children and young people and how to support them in a safe and effective way.

LEARNING OUTCOMES:

1. Improve awareness and knowledge of mental health issues that children and young people may experience
2. Identify appropriate responses and resources that can be utilised to support children and young people with mental health issues.
3. Explore strategies to promote resilience for children, young people and those working with them

ORGANISATIONAL BENEFITS:

When staff are supported and receive training to support them in their role, the impact on their confidence and ability to deliver the service can only be positive, they feel valued and retention is improved along with good practice.

For 12-14 people, at your venue

(Including all materials)

For further information, contact Steps Training on **02920 095300** or email info@steps-training.co.uk