

**Course Cost:**  
**£60 per delegate**  
(Free to Sefton Council Employees)

# CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AWARENESS

## Session Content:

### Aims:

This training will help professionals gain a basic awareness of some of the issues which affect children and young people's mental health, equipping them with some practical approaches and strategies to promote emotional resilience.

### Outcomes:

- Increased understanding of factors which contribute to poor mental health amongst children and young people.
- Increased awareness of some of the key mental health issues experienced by children and young people, and how to spot their signs.
- Increased knowledge of the national and local picture, including services to support and signpost to.
- Increased confidence in talking to children and young people about mental health, including some of the key strategies to increase and promote resilience.

### Who is this training intended for?

All professionals working with children and young people in both group and one to one settings.

### Planned Dates:

Friday 2nd February 2018 9.30-4.30pm

Thursday 1st March 2018 9.30-4.30pm

Book here: <http://seftonclc.co.uk/training-courses/>



The Corporate Learning Centre is situated close to public transport links and within easy reach of the Motorway network – M57, M58 & M6. There is also ample parking on site and Disabled access.

There are a number of shops and cafes nearby.

A hot drinks vending machine is available, with a small charge of 30p per cup.

Disabled access and parking.

Corporate Learning Centre  
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For further information contact us here:

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