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/](http://seftonclc.co.uk/training-courses/)

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

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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Ainsdale
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For further information contact us here:
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