



The YMCA has over 30 years' experience of providing mental health services to young people. In response to demand and after extensive consultations with schools we have developed a range of staff training programmes in a variety of topics.

## **Introduction to Mental Health - (2 hours)**

Led by clinically-trained mental health professionals, this training is our entry level introduction to mental health issues in young people, and forms the foundation through which more specialist training on different issues is acquired.

Participants will receive an introduction to mental health, including insights into what happens during therapy and strategies to use in their settings. Once trained, participants will be better-equipped and more confident to identify, deal appropriately with, and source appropriate solutions for pupils/students requiring specialist support. Everyone completing the training will receive a certificate to confirm they have achieved the foundation level in mental health awareness.

### **Learning Outcomes:**

- Learn how to recognise mental health difficulties in children
- Have an understanding of how a child can develop a mental health condition
- Understand the impact a mental health condition can have on a child's ability to learn
- Learn what you, as their teachers and support staff can do to help them and yourselves
- Receive an update about the structure and condition of child and adolescent mental health services

**Cost:** £25 per person.

**How to Book:** [teachingschool@brookeweston.org](mailto:teachingschool@brookeweston.org)

**Venue:** Brooke Weston Teaching School Alliance