

Mental Health Matters

Delivered by Sophie Gorst Tuesday 12 November 2013

** Only 20 places available **

COURSE AIMS & Objectives

Introduction & Aim of the course

Everyone working with children and young people have a responsibility for their mental health. There is an identified need to raise awareness of mental health and help recognise early symptoms of difficulties and opportunities for mental health promotion.

The All Wales Mental Health Strategy was launched last year and during consultation with children and young people it became clear that they want more information and education on the topic.

Mental Health is often misunderstood and is not always an easy topic to understand and talk about.

Aim - Raise awareness of children and young people's mental health

On completion of the course participants will receive: - Certificate of attendance

The objectives of the training are to enable participants to:

- Increased awareness of mental health
- Challenge stigma issues related to Mental Health
- Identify risk and resilience factors
- Build awareness of resources available
- Raise confidence in talking about Mental Health

WHO SHOULD ATTEND?

This free 3 hour workshop is offered to professionals and lay people, including: social workers; health professionals, counsellors, carers, youth workers, police and youth justice service staff, school support staff, clergy, community volunteers, *anyone who works with children and young people and their parents*

FACILITATOR

MENTAL HEALTH MATTERS is delivered by an experienced trainer employed by Betsi Cadwaladr University Health Board within the Early Intervention and Prevention, Child & Adolescent Mental Health Service.

DATE, TIME AND VENUE

Cost: The course is free to attend

Mental Health Matters will also be delivered on the following dates: -

Tuesday 12 th November 2013	Ysgol Brynhyfryd
Tuesday 21 st January 2014	Conwy TBC
Tuesday 18 th March 2014	Denbighshire TBC

If you have any queries about the above course, please telephone Sophie Gorst on 01745 448670. If you would like to book a place, please complete the accompanying booking form and return to: BCU.EIPT.Central@wales.nhs.uk

Booking Form

I wish to book a place

On Mental Health Matters **on***(Please insert date you would like to attend)***At*** **(If you can offer a venue to hold this training event in on the dates and times detailed please contact BCU.EIPT.Central@wales.nhs.uk)**Name (s)
(please PRINT name)

Job title(s)

Address

Email

Telephone

Any special requirements? (please specify)

Access..... Language.....Dietary (if provided)

Please note: light refreshments will be provided throughout the morning.**DECLARATION.** I understand I am attending this course as part of my continuing professional development to be able to respond to the needs of children, young people and parents in my capacity of a *(insert job title)*. I understand I am responsible for my own learning and in the event I am unable to attend I will inform the course organisers at least 48 hours prior to the start of the course.

Signed.....Date.....

Line Manager: I have authorised the above named person to attend this training course, with the understanding new knowledge and skills will be supported to enable the person to apply them in practice.

Signed.....Date.....

Direct line telephone number: *(Insert no)*The course starts promptly at *9.30 a.m. on the day*. We usually finish at *12.30 p.m.**Mental Health Matters* can sometimes trigger strong memories of personal experiences or about people you work with; bearing this in mind your trainers will create an environment of safety and security where people will have an opportunity to talk to the facilitators about their experiences during the break time or at the end of the course, if they wish to do so.If you have any queries about the above course, please telephone *Sophie Gorst on 01745 448670*, or e-mail the booking form to: BCU.EIPT.Central@wales.nhs.uk