

Would you like to support and improve the emotional health of the children and young people in your school?

Norfolk CAMHS (Child and Adolescent Mental Health) Partnership is funding training available to all school clusters in Norfolk

Emotional Health Awareness Foundation Training

This training will enable staff to

- Understand the importance of psychological well-being in children and young people
- Recognise and understand risk and resilience factors
- Have an awareness of common problems and disorders in children and young people
- Have awareness of local and national support agencies and referral routes

No Cost: Training and refreshments are provided at no cost to the cluster

When and where: Half-day session (1-5 pm) Mondays. Venue and date to be agreed with the cluster.

Participants: Two members of staff (preferably one teaching, one non-teaching) from each school in the cluster

Resource pack: To ensure the training is cascaded back in school to all staff

1 in 10 children and young people aged 5 - 16 suffer from a diagnosable mental health disorder - that is around 3 in every class

By attending this training staff will also be able to:

- Access further training to help them develop their skills and understand issues such as: *depression, anxiety, attachment, divorce/separation/loss, self-harm, Autistic Spectrum Condition*
- Access advice, further resources and information

Children's mental health is everybody's business

For more details please contact Louise or Liz:

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☎: 0777 622 7538

liz.meachen@norfolk.gov.uk

☎: 0779 523 7853

To book a foundation session please contact Pearl:

pearl.crossfield@norfolk.gov.uk

☎: 01603 430375

Special Schools and Pupil Referral Units should contact Liz or Louise direct to link up with a suitable training session.