



## Children's Services

### "So Sad, so Young... so Listen!"

Philip Graham & Carol Hughes

## Understanding and supporting Mental Health in Schools

Come and join the Behaviour & Emotional Well-Being Team, EPSS

**Venue : Woodside Centre, Witard Road, Norwich, NR7 9XD**

**(4.00 – 6.00 pm)**

for seven twilight sessions to raise your awareness and provide strategies for supporting children and young people with mental health concerns.

**These sessions are appropriate for teachers of children from Year 5 upwards.**

- **COMPULSORY** - Thursday 5<sup>th</sup> May - **Supporting children and young people's mental health**, (Rita Adair, Senior Educational Psychologist)
- **COMPULSORY** - Wednesday 11<sup>th</sup> May - **Tackling the stigma of mental health in schools**, (Pat Jones, Educational Psychologist)
- Tuesday 17<sup>th</sup> May - **Anxiety**, (Ian Mann, Educational Psychologist)
- Thursday 26<sup>th</sup> May – **Depression**, (Rita Adair, Senior Educational Psychologist)
- Wednesday 8<sup>th</sup> June - **Self Harm**, (Chris Ducker, Educational Psychologist)
- Thursday 16<sup>th</sup> June - **Stress**, (Ian Mann, Educational Psychologist)
- Thursday 23<sup>rd</sup> June - **Eating Disorders**, (Chris Ducker, Educational Psychologist)

**Cost of all Seven sessions = £100 / Cost for 1 session = £25**

**The FIRST AND SECOND SESSIONS ARE FREE AND COMPULSORY**

***Please complete the slip below if you would like to attend and return with your payment or Journal Number***

I would like to attend all seven sessions ☐

**Or (tick appropriate boxes)**

**Journal No** .....

Thursday 5<sup>th</sup> May ☐ Wednesday 11<sup>th</sup> May ☐ Tuesday 17<sup>th</sup> May ☐

Thursday 26<sup>th</sup> May ☐ Wednesday 8<sup>th</sup> June ☐ Thursday 16<sup>th</sup> June ☐

Thursday 23<sup>rd</sup> June ☐

Name .....

Title .....

School/Address .....

Email Address ..... Tel No .....

*Please return your reply slip to: Michele Blazey, Woodside Centre, Witard Road, Norwich, NR7 9XD, or email [michele.blazey@norfolk.gov.uk](mailto:michele.blazey@norfolk.gov.uk) If you require further details contact Rita Adair on [rita.adair@norfolk.gov.uk](mailto:rita.adair@norfolk.gov.uk) or phone 01603 307567*

# **Supporting children and young people with mental health difficulties in school**

## **Introduction to mental health:**

By the end of this session you will:

- Have an understanding of the range and extent of MH concerns
- Know what are risk and resilience factors
- Be aware of the 4 Tiers of response to MH and your own role within this
- Know what exists in terms of Legislation/Guidance/Current practice
- Know how this will influence your own work and how to promote change in schools

## **The stigma of mental health:**

By the end of this session you will:

- Be aware of what stigma is and its impact
- Some ideas of how you can address this practically in your setting

## **Anxiety**

By the end of this session you will:

- Understand the nature of anxiety
- Know the prevalence of anxiety in the school-aged population
- Recognise the common indicators of anxiety
- Be aware of the various levels of intervention

## **Depression**

By the end of this session you will:

- Understand what the signs of depression are and its prevalence
- Know about the NICE Guidance on depression and implications for schools
- Consider both whole school and individual ways of responding to depression
- Know what exists in terms of useful resources and websites.

## **Self Harm**

By the end of this session you will:

- Have an understanding of the term self-harm and prevalence
- Understand risk and resilience factors and consider why people self-harm
- Be aware of how to identify and support individuals who self-harm
- Know how to work more proactively to support young people at risk of self-harm

## **Stress**

By the end of this session you will:

- Know about the nature of stress
- Understand the common sources of stress
- Know the common indicators of stress
- Know about interventions for helping pupils experiencing stress (prevention, identification & reactive intervention)

## **Eating Disorders**

By the end of this session you will:

- Know definitions/diagnostic criteria for Eating Disorders
- Know what help is available
- Have learned what schools can do to support/help prevent eating disorders
- Have information about resources

Mental Health Twilights

BEWT EP Team

Educational Psychology & Specialist Support