

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 : Professional Development Centre, Norwich PDC for first session. Venue will be confirmed for all remaining sessions
(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 29th September - **Supporting children and young people's mental health**, (Rita Adair, Senior Educational Psychologist)
- **COMPULSORY** – Wednesday 5th October - **Tackling the stigma of mental health in schools**, (Pat Jones, Educational Psychologist)
- Tuesday 11th October - **Anxiety**, (Ian Mann, Educational Psychologist)
- Thursday 20th October - **Depression**, (Rita Adair, Senior Educational Psychologist)
- Tuesday 8th November – **Self Harm**, (Chris Ducker, Educational Psychologist)
- Thursday 24th November - **Stress**, (Ian Mann, Educational Psychologist)
- Thursday 1st December - **Eating Disorders**, (Chris Ducker, Educational Psychologist)

Cost of all Seven sessions = £150 / Cost for 1 session = £40

The FIRST AND SECOND SESSIONS ARE FREE AND WE RECOMMEND YOU ATTEND

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

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I would like to attend all seven sessions ☐ **Or (tick appropriate boxes)**

Journal No

Thursday 29 th Sept	<input type="checkbox"/>	Wednesday 5 th Oct	<input type="checkbox"/>	Tuesday 11 th Oct	<input type="checkbox"/>
Thursday 20 th Oct	<input type="checkbox"/>	Tuesday 8 th Nov	<input type="checkbox"/>	Thursday 24 th Nov	<input type="checkbox"/>
Thursday 1 st Dec	<input type="checkbox"/>				

Name

Title

School/Address

.....
Email Address Tel No

*Please return your reply slip to: Michele Blazey, Children's Services, Room 117, First Floor, County Hall, Martineau Lane,, Norwich, NR1 2DH, or email michele.blazey@norfolk.gov.uk
If you require further details contact Rita Adair on rita.adair@norfolk.gov.uk or phone 01603 307567*