



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 : 1st Session

Norwich Professional Development Centre, Woodside Road, Norwich, NR7 9QL
and remaining sessions Lionwood Junior School, Wolfe Road, Norwich, NR1 4HT
(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) – Norwich Professional Development Centre, Woodside Road, Norwich, NR7 9QL
- **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 COMPULSORY

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 29th Sept Wednesday 5th Oct Tuesday 11th Oct

Thursday 20th Oct Tuesday 8th Nov Thursday 24th Nov

Thursday 1st Dec

Name

Title

School/Address

Tel No Email Address

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 01603 307567/rita.adair@norfolk.gov.uk

