

# Turning mental health on its head

**The Prime Minister has said that mental health is one of the “*greatest social challenges of our time*”. Schools and colleges are vitally positioned to promote positive mental wellbeing and prevent mental illness in children.**

## **Delegates will have the opportunity to:**

- Listen to National and Local Experts on mental health and wellbeing
- Engage in interactive workshops to increase knowledge and understanding of factors that can lead to vulnerability of poor mental health
- Know how to develop a preventative approach to mental health and well-being, through a whole-school approach – leave with clear actions to implement
- Opportunity to network with other schools and service providers
- Enjoy ‘food for mood’ refreshments

All delegates will have an opportunity to attend a **FREE** follow up twilight workshop to further develop their whole-school approach action plans to promote healthy, happy and safe schools.

***An opportunity to solely focus on the ‘me, you and them’ is an event not to be missed – let’s put the heart back in to education...***

## **Audience**

SLT, Teachers, Governors and Support Staff

## **Trainer**

Josie Rayner-Wells & Kevin Holland

## **Date**

19/09/2018

## **Time**

9:30 am – 15:00  
(registration and coffee from 9:00)

## **Venue**

Norwich Professional Development Centre

## **Cost**

£125 including a FREE follow up surgery to support your work

## **Course Ref**

TLS-0918-T031

