



## Children's Services

### **„So Sad, so Young... so Listen!“**

Philip Graham & Carol Hughes

## Understanding and supporting Mental Health in Schools

Come and join the Psychological Health & Emotional Well-Being Team, EPSS at **The Terrapin, Hewett High School site, Cecil Road, Norwich, NR1 2TJ** for five 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.**

- Tuesday, 6<sup>th</sup> January 2009 4-6pm **Understanding and supporting Mental Health in Schools** (Rita Adair, Senior Educational Psychologist)
- Tuesday, 20<sup>th</sup> January 2009 4-6 pm **Anxiety and Stress** (Ian Mann, Educational Psychologist)
- Tuesday, 3<sup>rd</sup> February 2009 4-6pm **Self Harm** (Chris Ducker, Educational Psychologist)
- Tuesday, 3<sup>rd</sup> March 2009 4-6pm **Depression** (Rita Adair, Senior Educational Psychologist)
- Tuesday, 17<sup>th</sup> March 2009 4-6pm **Eating Disorders** (Chris Ducker, Educational Psychologist and Michelle Glover, Educational Psychology and Specialist Support Social Worker)

Cost of all five sessions = £80    Cost for 1 session = £20

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 five sessions

Or (tick boxes appropriately)

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Journal No .....

Tuesday 6<sup>th</sup> January

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Tuesday 20<sup>th</sup> January

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Tuesday 3<sup>rd</sup> February

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Tuesday 3<sup>rd</sup> March

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Tuesday 17<sup>th</sup> March

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Name .....

Title .....

School/Address .....

Please return your reply slip to: Michele Blazey, The Terrapin, Cecil Road, Norwich, Norfolk NR1 2TJ by **end of autumn term** or email [sue.burt@norfolk.gov.uk](mailto:sue.burt@norfolk.gov.uk) If you require further details contact Rita Adair on [rita.adair@norfolk.gov.uk](mailto:rita.adair@norfolk.gov.uk). (Tel: 01603 671426)