



Children's Services

“So Sad, so Young... so Listen!”

Philip Graham & Carol Hughes

Understanding and supporting Mental Health in Schools

“Mental health is everybody's business”

Tony Blair, 1997

Come and join the Psychological Health & Emotional Well-Being Team, EPSS at **Youth & Community Centre, Providence House, Providence Street, off London Road, King's Lynn PE30 5ET** for four 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.**

- Thursday 10 April 2008 4-6pm **Understanding and supporting Mental Health in Schools** (Rita Adair, Senior Educational Psychologist)
- Thursday 24 April 2008 4-6pm **Anxiety and Stress** (Ian Mann, Educational Psychologist)
- Thursday 1 May 2008 4-6pm **Self Harm** (Chris Ducker, Educational Psychologist)
- Thursday 8 May 2008 4-6pm **Depression** (Rita Adair, Senior Educational Psychologist)

Cost of all four sessions = £60 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 four sessions

Or (tick boxes appropriately)

☐

Journal No

Thursday 10th April

☐

Thursday 24th April

☐

Thursday 1st May

☐

Thursday 8th May

☐

Name

Title

School/Address

Please return your reply slip to: Michele Blazey, The Terrapin, Cecil Road, Norwich, Norfolk NR1 2TJ or email michele.blazey@norfolk.gov.uk If you require further details contact Rita Adair on

rita.adair@norfolk.gov.uk (Tel: 01603 671426)



every child matters
a brighter future for Norfolk's young people



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Philip Graham & Carol Hughes

Understanding and supporting Mental Health in Schools

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Tony Blair, 1997

Come and join the Psychological Health & Emotional Well-Being Team, EPSS at **Wymondham High School, Folly Road, Wymondham NR18 0QT** 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.**

- Thursday 22 May 2008 4-6pm **Understanding and supporting Mental Health in Schools** (Rita Adair, Senior Educational Psychologist)
- Thursday 12 June 2008 4-6pm **Anxiety and Stress** (Ian Mann, Educational Psychologist)
- Thursday 19 June 2008 4-6pm **Self Harm** (Chris Ducker, Educational Psychologist)
- Thursday 26 June 2008 4-6pm **Depression** (Rita Adair, Senior Educational Psychologist)

Cost of all four sessions = £60 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 four sessions

Or (tick boxes appropriately)

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Journal No

Thursday 22nd May

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Thursday 12th June

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Thursday 19th June

☐

Thursday 26th June

☐

Name

Title

School/Address

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