



## Children's Services

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

Philip Graham & Carol Hughes

### Understanding and supporting Mental Health in Schools

**\*AMENDED\***

Come and join the Behaviour and Emotional Well-Being Team, EPSS at **The Terrapin, 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.**

- **Understanding and supporting Mental Health in Schools** – (Rita Adair, Senior Educational Psychologist) - Tuesday, 3<sup>rd</sup> November 2009 4-6pm
- **Anxiety and Stress** - (Ian Mann, Educational Psychologist) - Wednesday 11<sup>th</sup> November 2009 4–6 pm
- **Eating Disorders** (Chris Ducker, Educational Psychologist and Michelle Glover, Educational Psychology and Specialist Support Social Worker) – Wednesday 18<sup>th</sup> November 2009 4-6pm
- **Self Harm** - (Chris Ducker, Educational Psychologist) - Wednesday 25<sup>th</sup> November 2009 4-6pm
- **Depression** (Rita Adair, Senior Educational Psychologist) Wednesday 2<sup>nd</sup> December 2009 4-6pm

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)

☐

Journal No .....

Tuesday 3<sup>rd</sup> Nov

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Wednesday 11<sup>th</sup> Nov

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Wednesday 18<sup>th</sup> Nov

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Wednesday 25<sup>th</sup> Nov

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Wednesday 2<sup>nd</sup> Dec

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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](mailto:michele.blazey@norfolk.gov.uk) by end of October. If you require further details contact Rita Adair on [rita.adair@norfolk.gov.uk](mailto:rita.adair@norfolk.gov.uk). (Tel: 01603 671426)