

Youth Mental Health Awareness

What is it?

Our Youth Mental Health Awareness course is a half day, interactive learning session covering various aspects of children and young people's mental health – from how to identify potential issues, to how you can help and support a young person who may be struggling.

This course is aimed at:

- Parents, teachers, carers, or anyone who regularly cares for, or works with, young people (Under 20s)
- Those who work in a mental health setting
- Those looking to upskill and educate themselves or their staff
- Mental Health First Aiders wanting to upskill
- Individuals who want to learn more about mental health in young people

How is it delivered?

This course can be delivered online via zoom, or face to face either in one of our settings, or your own school or workplace.

How do you complete the course?

The course is interactive with group and individual activities throughout. To complete the course, you must show a good level of participation and show understanding through answering questions during the session and complete any additional activities set out in the workbook. There is no formal written assessment for this course.

Course Outcomes

At the end of the course, you will be able to:

- Define mental health, including children's mental health
- Understand factors that affect children's mental health
- Give support and information to a young person experiencing mental health issues
- Signpost and encourage the young person to the right professional/ other support
- Understand stigma and discrimination surrounding mental health, and correct language to use
- This course is CPD accredited and has knowledge checks throughout the course.

Cost

Contact us for pricing – discounts are available for group bookings of 6-12 people.

enquiries@shawmind.org or call **01636 600830**