

# Mental Health Awareness

## New Beginnings – Children and Young People’s Mental Health Awareness

A practical introduction to emotional well-being and mental health specifically for anyone working with early years, primary school or secondary school aged children.

### Overview

This interactive course builds on your experience to develop your skills and confidence to promote positive mental health in the fundamental childhood years to give children the best start possible. The session will give you the tools to identify mental health and behavioural concerns in the children you work with, and offer simple practical interventions you can use to really make a difference. We will also provide guidance on the best way to get help from experts in the field including Child and Adolescent Mental Health services.

### Key Outcomes

- Increase your awareness of how to identify early signs of emotional health and well-being needs
- Know how to respond to and work with children with emotional health problems
- Be confident in knowing when to refer to other services and how to do this effectively
- Increase your awareness of the risk and resilience factors of mental health within a child’s world
- Understand how you can help to build resilience within the children you work with

### Course Outline

- Child and adolescent development
- Responses to mental health difficulties and emotional problems
- Behavioural and emotional problems and early interventions
- Information on building family resilience and coping strategies
- Examine how to manage children with emotional health problems locally, and when and how to refer

### Key Points

- Both courses are half day courses
- Contact Enable East on 01206 287543 or email [enableeast@enableeast.org.uk](mailto:enableeast@enableeast.org.uk)

## Adult Mental Health Awareness

This interactive course looks at the causes of mental health problems, coping mechanisms and how to help people in distress.

### Overview

An in-depth look at common mental health conditions including depression and anxiety and more serious problems such as psychosis, schizophrenia, personality disorder and bi-polar disorder.

It is especially suitable for anyone with little or no knowledge of mental health conditions.

### Key Outcomes

- Increase your awareness of how to identify early signs of emotional health and well-being needs
- Know how to respond to and work with adults with emotional health problems
- Be confident in knowing when to refer to other services and how to do this effectively

### Course Outline

- Responses to mental health difficulties and emotional problems
- Behavioural and emotional problems and early interventions

