

# Children & young people

## mental health training & development courses

There are a wide range of courses available to individuals and organisations in South Gloucestershire on youth mental health.

The aim of the courses are to increase the knowledge and confidence of individuals to help support children and young people with mental health needs.



# Children & young people mental health training & development courses

Course title	Duration	Details
<b>Courses offered by South Gloucestershire Council</b>		
<b>Promoting positive youth mental health</b>	Half or full day	A great introduction to mental health and emotional wellbeing, mental health problems, how to respond to emotional distress and promoting resilience in all young people.  Full day includes a visit from Off the Record and Kooth
<b>Youth mental health first aid</b>	1 or 2 days	This course will teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need.
<b>ACE ambassador training</b>	Half day	Adverse Childhood Experiences (ACEs) are negative experiences in early life and childhood that can have an impact on health and wellbeing throughout life. This training is for participants who have signed up to be ACE ambassadors and already have a basic awareness of ACEs and their impacts across the life course.
<b>STORM – skills training in suicide prevention &amp; self-harm mitigation</b>	2 days	This course is suitable for employees working with complex people or situations. It aims to develop skills and confidence in order to help children and young people around self-harm and suicide prevention.
<b>Courses offered by Primary Mental Health Service – focus on specific mental health needs</b>		
<b>Anxiety in 5-11yr olds</b>	3 hours	Workshop on recognising and helping children with anxiety. The course covers what anxiety is and having an understanding of anxiety, the different types of anxiety and how children are affected by anxious parents?
<b>Anxiety &amp; school refusal</b>	3 hours	Workshop on recognising and helping teenagers with anxiety. Using tools, strategies and sharing resources.
<b>ADHD &amp; ASC in schools</b>	3 hours	Recognising and supporting young people with Attention Deficit Hyperactivity Disorder (ADHD) or Autistic Spectrum Condition (ASC). Using tools, strategies and sharing resources to support good mental health.
<b>Urgent mental health concerns</b>	3 hours	Provides an understanding of urgent mental health concerns in children and young people. Includes hearing voices, psychosis, self-harm, suicide and eating disorders.
<b>Low mood &amp; depression</b>	3 hours	Workshop provides an understanding of low mood and depression, increases understanding of how risk and resilience can impact on individual presentations and recovery.
<b>Emotional regulation; primary &amp; secondary</b>	3 hours	To understand how children and young people learn emotional regulation in their development and attachment to care givers. What can be done if emotional regulation skills have not been learned in early childhood?
<b>Trauma &amp; bereavement</b>	3 hours	Workshop covers attachment theory, trauma and bereavement related to children and young people.
<b>Body image &amp; eating disorders</b>	3 hours	Provides an understanding of body image and eating issues and when to be concerned.
<b>Courses offered by Off the Record</b>		
<b>Resilience Lab – Train the Trainer</b>	2 days	This two day training gives you the means to deliver Resilience Labs within in your setting. Resilience Lab offers psycho-educational workshops developed around the evidence-based principles of Positive Psychology. All the sessions work towards equipping young people with a toolkit of strategies to help them not just cope, but overcome challenges they face in life. Sessions are based on five different themes: pressure proof, making friends with stress, thinking traps, stronger and reach out.

# Cost of courses

The majority of the courses are free if you are working with children and young people within South Gloucestershire. Any charges for South Gloucestershire Council staff will be covered by the relevant divisional or service training budget. The details of what different agencies will be charged are on the council's learning and development website

 [https://learning.southglos.gov.uk/courses/bookings/course\\_charges.asp](https://learning.southglos.gov.uk/courses/bookings/course_charges.asp)

# Off The Record

Is a mental health social movement by and for young people aged 11-25 living in Bristol and South Gloucestershire. Their website provides lots of information around mental health and the hubs and courses they run

 <https://www.otrbristol.org.uk/what-we-do>

# More information & booking

For more information on the courses please contact

 [mentalhealth@southglos.gov.uk](mailto:mentalhealth@southglos.gov.uk)

To book please see our learning and development website

 [www.southglos.gov.uk/learning](http://www.southglos.gov.uk/learning)



*I need to learn more about individuals mental health issues. This course has got me hooked.*



**Participant on**

'Promoting positive youth mental health'

*The training will make me more confident when dealing with children and parents.*



**Participant on**

'Anxiety in 5-11 year olds'

*More confident starting up conversations around eating disorders, great tools and resources.*



**Participant on**

'Body image and eating disorders'

