



SPOT THE SIGNS & EMOTIONAL WELLBEING CHILDREN AND YOUNG PEOPLE

Spot the Signs & Emotional Wellbeing is a fully-funded programme offering training and workshops to children and young people (CYP), CYP's parents/carers and professionals working with CYP.

The programme provides psychoeducation, emotional resilience and signposting support to empower young people and the adults around them to feel confident enough to manage their mental and emotional health.

MENTAL HEALTH AWARENES

Overview

This session provides a universal introduction to mental health by increasing knowledge of how mental health relates to everyone. Individuals will be provided an overview of common mental health issues including, prevalence, signs and how they can affect young people. The session covers stigma and will help individuals be aware of appropriate ways of starting a conversation about mental health with young people. The session closes with a brief overview of the 5-WOW and makes attendees aware of the support available across Hertfordshire. This session is versatile in the audiences it may be tailored for.

Learning Outcomes:

By the end of the session individuals will be expected to:

- Have an increased knowledge and broader understanding of mental health and understand some of the most common signs and symptoms of mental health conditions in young people
- Feel more confident to have conversations around mental health
- Promote early intervention and prevention by knowing how to recognise changes in mental health and how to protect your own mental health
- Have an increased awareness of the range of support and resources available in Hertfordshire, promoting access to early advice and support

Target Audience: Children & Young people; primary; secondary schools or college; professionals; community based non-mental health trained organisations & parents/carers

Length: 1 hour - 1.5 hours