

YMCA TRINITY GROUP



# Mental Health Staff Training

YMCA Trinity Group have 30 years' experience in providing mental health services to young people. In response to demand, and in consultation with schools, we have developed a range of staff training programmes in a variety of topics.



# Introduction to Mental Health

Delegates will be given a brief introduction about mental health, what happens during therapy and strategies you can use in your setting. You will therefore feel better equipped and confident to offer solutions and identify those that need support.

## Learning Outcomes

- ▶ To consider how children with mental health difficulties present
- ▶ To have an understanding of how a child can develop a mental health condition
- ▶ To understand what impact a mental health condition can have on a child's ability to learn
- ▶ What you, as their teachers, can do to help them and yourselves
- ▶ Update you, as teachers, about the structure and condition of child and adolescent mental health services

For further details about this or our other training programmes and interventions, please contact the Menu of Services on 01733 373187 or [email us](#).

When: 6th March 2018, 14:00 -16:00

Where: St Peters School

Huntingdon

Cambridgeshire

PE29 7DD

Cost: £30 per person

Please book by [clicking here](#).

# Anxiety and Depression

Drawing on the latest research, with consideration to the experiences of pupils and staff we will discuss your needs as a whole-school approach to wellbeing. Offering increased awareness of anxiety, stress and depression in the hope that you will feel better equipped and confident to offer solutions and support.

## Learning Outcomes:

- ▶ To gain a better understanding of the symptoms of anxiety and depression
- ▶ To feel more confident in recognising the signs of anxiety and depression in children and young people
- ▶ To explore how to manage disclosures of anxiety and depression
- ▶ To identify practical strategies to support young people through periods of difficulty

For further details about this or our other training programmes and interventions, please contact Menu of Services on 01733 373187 or [email us](#).

When: 24th April 2018, 14:00 - 16:00

Where: St Peters School

Huntingdon

Cambridgeshire

PE29 7DD

Cost: £30 per person

Please book by [clicking here](#).

# Self Harm

Delegates will be more aware of the issues and concerns around Self Harm, as well as the implications for young people and those supporting them.

Learning Outcomes:

- ▶ To gain a better understanding of what self-harm is and why young people may self-harm
- ▶ To consider some of the signs of self harm
- ▶ To gain confidence in managing disclosures of self harm
- ▶ To discuss how schools can support young people around the topic of self-harm

For further details about this or our other training programmes and interventions, please contact Menu of Services on 01733 373187 or [email us](#).

When: 15th May 2018 , 14:00 - 16:00

Where: St Peters School

Huntingdon

Cambridgeshire

PE29 7DD

Cost: £30 per person

Please book by [clicking here](#).



# Building Resilience

Delegates will be more aware of the principles of resilience, giving consideration to protective and risk factors; enabling them to better support and develop resilience and self esteem in the young people they work with, and reduce the likelihood of long-term mental health issues. This is an ideal session for those already accessing or looking to access our building resilience programme.

## Learning Outcomes:

- ▶ To gain a better understanding of what resilience is and the factors which affect resilience
- ▶ To consider how signs of low self esteem can reflect a young person's levels of resilience
- ▶ To introduce the Resilience Framework as a tool to support schools in developing strategies to build resilience
- ▶ To explore how schools can build resilience at student and whole school levels
- ▶ To have opportunities to share good practice and explore practical strategies to build resilience within your school.

For further details about this or our other training programmes and interventions, please contact Menu of Services on 01733 373187 or [email us](#).

When: 12th June 2018, 14:00 - 16:00

Where: St Peters School

Huntingdon

Cambridgeshire

PE29 7DD

Cost: £30 per person

Please book by [clicking here](#).

