

## Supporting Children and Young People's Mental Health Synopsis

### Course Overview

This 1-day course (delivered in person only) provides an understanding of what can impact children and young people's mental health, ways in which they may cope and what can be done to support them. Case studies and conversations are utilised to explore and develop ideas throughout.

### Course Objectives

- To increase knowledge of the mental health landscape for children and young people
- To understand how and why children and young people may experience poor mental health
- To support children and young people's mental health effectively through available resources and services

### Content Summary

- Exploration of emotional regulation and how this can be impacted by different experiences within childhood
- Understanding and utilising the different aspects of resilience
- Recognition of self-compassion and its role in supporting self and others
- Supporting children and young people with scaffolding support and the PACE Model
- Supporting children to recognise their own needs when accessing social media and online influences
- Self-harm safety and suicide safety
- Further information and signposting resources

Supporting information will be provided during the course as well as a more formal handout with further reading suggestions and support services. This course provides you with a platform to move forwards feeling more informed and empowered to help to support children and young people

Requirements for attendees:

Over 18

No prior knowledge required

Comfortable with triggering content including self-harm/suicide