



Children's Hospital School Leicester 'Better Together' Mental Health England Youth Courses

Facilitator: Lorraine Biddle – MHFA Accredited Instructor/Head of School, The Beacon CAMHS unit

2 Day Mental Health First Aid	1 Day Mental Health Champion	½ Day Mental Health Awareness
<p>This course trains you as a Youth Mental Health First Aider, giving you:</p> <ul style="list-style-type: none"> • An in-depth understanding of young people's mental health and factors that affect wellbeing • Practical skills to spot the triggers and signs of mental health issues • Confidence to reassure and support a young person in distress • Enhanced interpersonal skills such as non-judgemental listening • Knowledge to help a young person recover their health by guiding them to further support – whether that's through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate • Ability to support a young person with a long term mental health issue or disability to thrive • Tools to look after your own mental wellbeing <p>Cost to attend one of our courses – £250 pp</p>	<p>This one-day course trains you as a Youth MHFA Champion, giving you:</p> <ul style="list-style-type: none"> • An understanding of common mental health issues and how they can affect young people • Ability to spot signs of mental ill health in young people and guide them to a place of support • Knowledge and confidence to advocate for mental health awareness • Skills to support positive wellbeing <p>Cost to attend one of our courses – £165 pp</p> <p>Please ask about cost to deliver this course in your school</p>	<p>This introductory three-hour session raises awareness of young people's mental health. It covers:</p> <ul style="list-style-type: none"> • Some of the common mental health issues affecting young people, including depression, anxiety, eating disorders and psychosis • Skills to work more effectively with young people living with mental health issues • Ways to support young people with a mental health issue and relate to their experiences <p>Cost to attend one of our courses – £95 pp</p> <p>Please ask about cost to deliver this course in your school</p>



For scheduled dates, costings and to make a booking please click on our Eventbrite link: [The Children's Hospital School Events | Eventbrite](#)

We are also able to deliver these courses in your school or trust. For further details and to discuss costs, please email:

training@childrenshospitalschool.leicester.sch.uk



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Children's Hospital School Leicester

'Better Together'

In-school / external support training

We can provide training for staff at your school, either in small groups or to the whole team. This can be arranged during the school day or as a twilight session. Below are examples of the sessions we could deliver, although we are able to design a bespoke package for schools. Please contact us at school to discuss options or to book a session.

Example training topics:

- Whole school approach for supporting children with medical needs
- Support for school leaders – understanding statutory guidance & responsibilities
- Understanding borderline personality disorder type presentation within the classroom
- Designing a medical needs policy for your school
- Effective use of individual health care plans
- Managing self-harm in young people
- Supporting children with gender identity
- Understanding and managing anxiety in school
- Supporting education of young people with cancer
- Understanding eating disorders
- Working effectively with parents of children who are ill
- Coordinating an effective multi-agency approach
- Strategies to improve attendance / engagement
- Reducing anxiety by ensuring appropriate learning environments
- What does / should reasonable adjustments look like?

Training costs start from £150 per hour depending on number of staff, resources and planning time.

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