

Mental Health training and resources for Warwickshire education settings

BASELINE TRAINING

Warwickshire County Council (WCC) and Health have been working collaboratively with schools and Warwickshire Parent Carer Voice to develop a training model to support provision for Special Educational Needs and Disabilities (SEND) in education settings.

This information is focused on training for **Mental Health**.

Training	Resource (Universal)	Awareness (Universal)	Learning	Training (Targeted)	Specialist	Network support
What information/training looks like	Information that is available on public websites that can be accessed by anyone	E-learning - approx. 1-2 hrs long	Half day training that is instructor led	1 or 2 days training	Accredited qualification by an external body targeted training	
Mental Health	Information and support available from CW RISE	Eating Disorders	Youth Mental Health Awareness (Mental Health First Aid England) Half day	Mental Health First Aid 2 days (Mental Health First Aid England)	DfE Funding for Mental Health Lead Training - Mental Health and Wellbeing	Network meeting set up by School Improvement (WCC) to occur every half term and be co-organised by Health and Education.
	Young Minds Website	Mood				
		Suicide Prevention				
	Anna Freud Website	Self Esteem				
Self Harm			Assist Training			

The following pages provide booking information for the above training as well as bespoke mental health training available for education settings.

Click here to visit the Local Offer



Bespoke Mental Health training for Warwickshire education settings

Course	Facilitated by	Course Length	Cost	Course outcomes	How to book training
Boomerang	NHS	Over 5 weeks	Free	This course is an interactive, resilience intervention aimed at school children in years 3-11. The focus is on understanding thoughts, feelings and behaviours, self-esteem, friendships and useful strategies to help build resilience. Full support and materials needed to deliver this course will be provided to enable you to deliver this independently within your setting. To be eligible, you must have attended the PMHT Mood workshop and be actively working with children and young people. You will be required to share data with us in regard to this intervention.	Rise- Primary Mental Health E-learning workshops
Positive Playtimes	WCC - Educational Psychology Service	1.5 hrs	EPS subscription or at agreed price	This course will provide an understanding of the mental health needs experienced by some children and why some find play times challenging. You will develop and discuss techniques to support children who find playtime challenging and learn how to effectively debrief after an event at playtime.	eps@warwickshire.gov.uk
Self Harm	WCC - Educational Psychology Service	3 hrs	EPS subscription or at agreed price	This course will help you to identify and understand self-harming behaviours in children and young people. You will learn strategies to help you develop good practice and to plan and identify a whole school approach to support children and young people who may be at risk of, or already, self-harming.	eps@warwickshire.gov.uk
Teenage Anxiety	WCC - Educational Psychology Service	3 hrs	EPS subscription or at agreed price	This course will provide an understanding of anxiety from a psychological perspective, helping you to recognise a range of anxiety signs and symptoms in children and young people and implications for vulnerable students. It will introduce approaches to support young people experiencing anxiety using CBT based approaches.	eps@warwickshire.gov.uk
Exploring Feelings: Using Cognitive Behavioural Therapy (CBT) based techniques to manage anxiety or anger	WCC - Educational Psychology Service	Full day	EPS subscription or at agreed price	This course offers initial training for school staff in the use of CBT based programmes to help young people cope with their emotions and supervision throughout their delivery of the programme. It is usually an initial meeting followed by several supervision sessions equivalent to one day of time.	eps@warwickshire.gov.uk
Understanding and Supporting Emotionally Based School Avoidance (EBSA).	WCC - Specialist Teaching Service	Half day	EPS subscription or at agreed price	This course offers an explanation of EBSA needs, how they are understood and the associated risk factors. It will help you to start thinking about your preferred offer of support and to consider how to work with and support families, working towards integration or reintegration.	eps@warwickshire.gov.uk

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Course	Facilitated by	Course Length	Cost	Course outcomes	How to book training
Supporting stress, anxiety and depression in secondary aged pupils	WCC - Educational Psychology Service	Half day	EPS subscription or at agreed price	This course consists of three workshops that will explore commonly experienced mental health needs in young people including anxiety, stress and depression. Gain an understanding of how to support mental health needs, supporting young people to build resilience and find coping strategies.	eps@warwickshire.gov.uk
Understanding and responding to social, emotional and mental health needs in primary aged pupils.	WCC - Educational Psychology Service	6 x Half day workshops	EPS subscription or at agreed price	A series of six half-day workshops to develop practical intervention approaches. This course will develop an understanding of the psychology underlying children's social, emotional and mental health development.	eps@warwickshire.gov.uk
Anxiety: Secondary	WCC - Educational Psychology Service	Twilight	EPS subscription or at agreed price	Understand anxiety from a psychological perspective; Recognise a range of anxiety signs and symptoms; Consider the implications for vulnerable individuals and especially those who have been looked after by the Local Authority; Introduce a framework and approaches to support young adults who experiencing anxiety.	eps@warwickshire.gov.uk
Anxiety: Primary	WCC - Educational Psychology Service	Twilight	EPS subscription or at agreed price	This course covers psychological research and how this can be used to explain and understand what anxiety is, how it manifests and how to typically support those with anxiety needs at home and at school. This is aimed at school aged children between 5 and 11 years and suitable for teaching assistants, teachers and/or parents.	eps@warwickshire.gov.uk

Booking information - Mental Health training for Warwickshire education settings

	Course	Facilitated by	Course Length	Cost	Course outcomes	Link to book
Awareness	Eating Disorders	NHS	1-2 hrs	Free	This course will consider the definitions of an eating disorder and explore symptoms, risks and protective factors. Through real-life case studies, you will explore positive messages and helpful ways to talk about eating disorders and understand when and how to access specialist services.	Rise- Primary Mental Health E-learning workshops
	Suicide Prevention	Papyrus	30 mins	Free to each organisation	This course aims to increase awareness of suicide and suicide prevention including support available from PAPYRUS - Prevention of Young Suicide. Understand the importance of self-care, how to talk about hope and how to encourage action for a suicide safer community.	Papyrus (Suicide Awareness) website
	Mood	NHS	1-2 hrs	Free	This course will consider the definitions of stress, anxiety, low mood and depression and explore the signs, symptoms and risk factors. Learn strategies to support children and young people with a mood difficulty and the benefits of a cognitive behavioural model to maintain mood difficulties over time. Find out about specialist services available to support anxiety and depression.	Rise- Primary Mental Health E-learning workshops
	Self-Esteem	NHS	1-2 hrs	Free	This course offers an understanding of the definition and development in childhood of self-esteem. Learn how to identify low self-esteem in a child or young person, how it links with mental health and the risks and protective factors. Take away strategies to support low self-esteem and find out when and how to access specialist services.	Rise- Primary Mental Health E-learning workshops
	Self-Harm	NHS	1-2 hrs	Free	This course will help you develop your knowledge and understanding of self-harm behaviour and explore reasons why young people self-harm. Understand how to respond to a disclosure of self-harm, explore alternative coping strategies for reducing self-harm behaviour and find out how and when to access specialist services.	Rise- Primary Mental Health E-learning workshops

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	Course	Facilitated by	Course Length	Cost	Course outcomes	Link to book
Learning	Youth Mental Health Awareness (MHFA)	WCC - Education	4 hrs	£75 (WCC are offering 2 free places on this course to each WCC school, until September 2024)	This course will aim to provide you with knowledge of mental health and the effect it has on young people and the people surrounding them. It will offer guidance in how to respond and support a young person with mental health difficulties, as well as resources to utilise when appropriate.	Expression of interest in WCC offer of free 1/2 day Mental Health Awareness Training
Training	Youth Mental Health First Aid (MHFA)	WCC - Education	2 days	£275 (WCC are offering 1 free place on this course to each WCC school, until September 2024)	This course will aim to provide you with knowledge of mental health and the effect it has on young people and the people surrounding them. It will offer guidance in how to respond and support a young person with mental health difficulties, as well as resources to utilise when appropriate.	Expression of interest in WCC offer of free 2 day Mental Health First Aid training
Specialist	DfE Funding for Mental Health Lead Training- Mental Health and Wellbeing –Creating an ethos, teaching and learning environment that promotes wellbeing and mental health in your setting	WCC - Educational Psychology Service	2 x Half day sessions	Cost: £250 (can access DfE training grant)	This DfE funded course will provide training for a senior mental health lead to develop and implement a whole setting approach to mental health and wellbeing. Understand how school ethos and culture impacts upon wellbeing and mental health; consider the importance of relationships in promoting an environment of belonging and safety; learn about local services and resources available to enhance young people's wellbeing; gain knowledge of statutory and evidence-based curriculums that promote resilience and social emotional learning; learn how to embed curriculum content that promotes wellbeing and mental health; receive support to identify key developmental areas and create a bespoke action plan for your setting.	eps@warwickshire.gov.uk
Network Meetings	Mental Health Lead Network Meetings		Mental Health Leads Network Meeting			
Free online resources						
Coventry and Warwickshire RISE		Family of services providing emotional wellbeing and mental health support for children and young people in Coventry and Warwickshire.				
Young Minds		Mental health resources, training and consultancy to support parents and carers, young people and those working with young people.				
Anna Freud		Trusted resources and training to support young people's mental health.				