

Primary Mental Health

Warwickshire's Primary Mental Health Team is providing **FREE** Mental Health Awareness E-Learning Workshops for universal professionals within Warwickshire.







These introductory workshops aim to raise awareness around eight key areas of child and adolescent mental health (0-18 years):

- ☀ Eating Disorders
 - ☀ Mood
 - ☀ Attachment
 - ☀ Self-Harm
 - ☀ Self Esteem
 - ☀ Challenging Behaviours
- in children aged 3-11 and 12+









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Eating Disorders Awareness

-  To understand the definitions of an eating disorder.
-  To explore the symptoms of an eating disorder.
-  To explore risk and protective factors which may impact upon eating disorders.
-  To explore positive messages and helpful ways to talk about eating disorders.
-  To explore real life case studies.
-  To understand when and how to access specialist services in relation eating disorders.






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Mood Awareness

-  To understand the definitions of stress, anxiety, low mood and depression.
-  To explore the symptoms of anxiety and depression - what do they look like? What are the warning signs?
-  To explore risk and protective factors which may impact upon mood.
-  To introduce a cognitive behavioural model of how mood difficulties may be maintained over time.
-  To introduce strategies that can be used to support a child or adolescent with a mood difficulty.
-  To understand when and how to access specialist services in relation to anxiety and depression.







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Self Harm

-  To develop knowledge and understanding of self-harm behaviour in young people.
-  To explore the reasons why young people self-harm.
-  To understand how to respond to a disclosure of self-harm.
-  To explore alternative coping strategies for reducing self-harm behaviour.
-  To understand when and how to access specialist services in relation to self-harm.







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Attachment

-  To provide an introduction to attachment theory.
-  To consider why attachment is important and what impact it may have upon development.
-  To consider what is meant by attachment difficulties and attachment disorders.
-  To explore risk and protective factors which may impact upon attachment.
-  To introduce strategies for helping children to build relationships and feel secure.
-  To understand when and how to access specialist services in relation to attachment difficulties.








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Self-Esteem

-  To understand the definition of self-esteem and development of self-esteem in childhood.
-  To identify and understand what healthy and low self-esteem might look like in a child or young person.
-  To consider and understand the link between self-esteem and mental health.
-  To explore the risk and protective factors which may impact upon anxiety and low mood.
-  To introduce strategies that can be used to support a child or adolescent experiencing low self-esteem.
-  To understand when and how to access specialist services in relation to self-esteem.








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Challenging Behaviour in children aged 3-11 years

-  To provide an introduction to attachment theory.
-  To have more of an understanding of challenging behaviours and how they may be displayed in adolescents.
-  To explore the theory of behaviours.
-  To explore potential causes for challenging behaviours.
-  To support you to reflect on how your organisation manages challenging behaviours in young people.
-  To explore approaches and strategies of managing challenging behaviours.
-  To understand how to access further support for young people.

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Challenging Behaviour in children aged 12 +

-  To provide an introduction to attachment theory.
-  To have more of an understanding of challenging behaviours and how they may be displayed in adolescents.
-  To explore the theory of behaviours.
-  To explore potential causes for challenging behaviours.
-  To support you to reflect on how your organisation manages challenging behaviours in young people.
-  To explore approaches and strategies of managing challenging behaviours.
-  To understand how to access further support for young people.

To gain access to our e-learning, please email your request with the following information to risecommunityoffer@covwarkpt.nhs.uk

- First name
- Last name
- Email address
- The course(s) you would like access to
- Warwickshire district / area
- Job title
- Manager's name
- Organisation

<https://cwrise.com>

Dimension Tool - Find out more at:

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