

MENTAL WELLBEING IN CHILDREN AND YOUNG PEOPLE (EDUCARE)



COURSE OVERVIEW

Developed and fully endorsed by experts at Young Minds. This course looks at mental health and emotional wellbeing in young people highlighting signs and symptoms, along with myths and the stigma associated with mental health issues.



WHO IS THIS COURSE FOR?

- Teachers
- Adults delivering in a school environment
- Adults working with children and young people

BY THE END OF THIS COURSE YOU WILL HAVE

knowledge and understanding of mental health, providing you with the practical skills and strategies to be able to:

- Build people's resilience, self-esteem and confidence
- Adapt your sessions to make them more inclusive
- Enable and support mental health recovery, and
- Tackle stigma and discrimination.



DURATION & COST

This course is self-paced and lasts approximately 4 hours. Learners can stop and leave at their convenience.

Fees start from **£28.50** (excl VAT) per person. Learners have access to the course for 30 days from purchase.

