



.online

Become Youth Mental Health Aware

Content:

Depression and bipolar disorder
Anxiety disorders
Psychosis
Eating disorders
Suicide
Self Harm
Substance misuse
Take Time Together
Action for Happiness Recovery
Signposts to Resources

Thursday 16th July 2020
Led by: Richard Berry
MHFA Trainer

Cost: £50 per participant

From September 2020 there are **new requirements** for teaching mental wellbeing as part of health education.

Through an interactive instructor-led live session, you will learn:

- What mental health is and how to challenge stigma
- An introduction to some common mental health issues
- Confidence to support someone who may be experiencing mental ill health
- Ways to look after your own mental health and support wellbeing
- Support during the coronavirus (COVID-19) outbreak

For more information contact officespts@educ.somerset.gov.uk

To Book go to <https://mhfaengland.org/individuals/adult/half-day/>