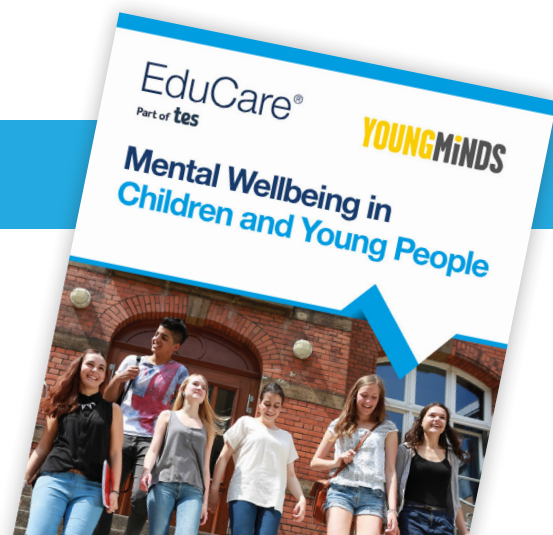


Mental Wellbeing

This course looks at mental health and emotional wellbeing in young people. It highlights some signs and symptoms, along with myths and the stigma associated with mental health issues. It provides advice for schools, individual teachers and other staff on how to support children with their mental health and emotional wellbeing.



Key features

- Four modules with multiple choice questionnaires.
- Four CPD credits with a personalised downloadable certificate.
- 70% pass mark.
- Optional narration of each module for accessibility.
- Additional resources for further learning and printable modules for future reference.
- Developed with and fully endorsed by experts at Young Minds.

*1 CPD credit equals up to 1 hour of learning

Course objectives

After completing this course you will:

1. Understand what mental health is in the context of the mental health continuum.
2. Be able to identify some common issues faced by young people with regard to mental health.
3. Recognise some of the signs and symptoms that indicate mental health issues in young people.
4. Understand key risk factors that make some young people vulnerable to mental health issues.
5. Learn about protective factors that build resilience in young people and some of the myths and stigma surrounding mental health.
6. Pick up practical advice to help you support young people's mental health and emotional wellbeing.



Target audience

This course is relevant for anyone who comes into contact with children and young people of any age.



Module content:

1. What is Mental Health?

- The mental health continuum.
- A deeper look into mental health and statistics.
- Common issues that young people face.
- Signs and symptoms.

2. Risk Factors

- How adverse childhood experiences (ACEs) can affect mental health.
- The myths and stigma surrounding mental health issues and the impact they have.

3. Protective Factors and Building Resilience

- What is resilience?
- Factors that build resilience in children, including factors in their families and the wider community.
- Different theories of resilience.

4. What Makes a Difference?

- Accessing help and support.
- What schools can do about mental health and emotional wellbeing in young people.
- Learning about what young people need by listening to what they say.

Why choose us?

“ EduCare has provided a means to ensure that all of the relevant people at the School are trained on time and as they should be. The suite of courses enables statutory training to happen whilst at the same time facilitating opportunities for continuing professional development. ”

Phil Wise, Deputy Head Pastoral
Reading Blue Coat School



“ We are currently using EduCare online courses across all 7 schools in the Group as they provide us with a flexible, on-demand solution for online staff training and development in a wide range of areas. ”

Martyn Wiggett, Training & Prof. Development Manager
King's Group

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