

## SPOT THE SIGNS & EMOTIONAL WELLBEING TRAINING AND WORKSHOPS MENU

Spot the Signs & Emotional Wellbeing is a fully-funded programme offering training and workshops to children and young people (CYP), CYP's parents/carers and professionals working with CYP.

The programme provides psychoeducation, emotional resilience and signposting support to empower young people and the adults around them to feel confident enough to manage their mental and emotional health. All sessions can be delivered in-person or online upon your request.

### FIVE WAYS TO WELLBEING

#### Overview:

The aim of this session is to introduce five basic strategies grounded in research that children & young people can use to maintain and improve their wellbeing. The workshop comprises practical activities to increase basic awareness of mental health, self-care and monitoring, as well as learning alternative places for support. It can be delivered in a highly interactive format to engage primary school audiences, as well as a version adapted for older audiences.

By the end of the session individuals will be expected to:

- Have an understanding of what mental health is and how it impacts children and young people
- Have practical strategies to maintain and improve their own wellbeing in the form of the 5W2WB
- Have a greater awareness and knowledge of other support available across Hertfordshire

**Target Audience:** children & young people, parents/carers & families and community based wellbeing events.

**Length:** 45 minutes – 1 hour

### INTRODUCTION TO MENTAL HEALTH

#### Overview:

This session provides a universal introduction to mental health by increasing knowledge of how mental health relates to everyone. Attendees will be provided with an overview of common mental health issues including, prevalence, signs and how they can affect children & young people. The session covers stigma and will help improve confidence in attendees around talking about mental health. The session closes by ensuring attendees are aware of the support available across Hertfordshire. This session is versatile in the audiences it may be tailored for.

**Learning Outcomes:**

By the end of the session attendees will be expected to:

- Have an increased knowledge and broader understanding of mental health and understand some of the most common signs and symptoms of mental health conditions in children & young people
- Feel more confident to have conversations around mental health
- Promote early intervention and prevention by knowing how to recognise changes in mental health and how to protect your own mental health
- Have an increased awareness of the range of support and resources available in Hertfordshire, promoting access to early advice and support

**Target Audience:** children & young people, youth professionals, community based non-mental health trained organisations and parents/carers & families.

**Length:** 1.5 hours

## HOW TO HAVE CONVERSATIONS ABOUT MENTAL HEALTH

**Overview:**

In this session we discuss how adolescence is perceived and how to navigate interpersonal interactions in a way that promotes emotional wellbeing. This is done in the context of the types of changes adolescents experience socially, psychologically and biologically. Content centred on how to improve resilience and communication will explore the benefits of talking openly about mental health, developing a support network and managing expectations.

**Learning Outcomes:**

By the end of the session attendees will be expected to:

- Have an increased global understanding of the adolescent experience and a broader understanding of mental health
- Feel more confident holding and/or instigating a conversation around mental health and wellbeing
- Have an understanding of how to foster resilience in adolescents
- Identify key support networks of who adolescents may have conversations with
- Have a greater awareness and knowledge of support available across Hertfordshire

**Target Audience:** adolescents, youth professionals and parents/carers & families.

**Length:** 1.5 hours

## EMOTIONAL WELLBEING & COPING STRATEGIES

### Overview:

This session focuses on how to maintain positive mental and emotional health. It gives a brief overview of the psycho-social emotional climate in children & young people and introduces 3 key steps in how to identify emotions without judgement and choose a response. Attendees will learn research based self-help strategies for positive emotional wellbeing relevant to young children & young adults, how to establish when further support is needed and how to access other support available.

### Learning Outcomes:

By the end of the session attendees will be expected to:

- Have a broad understanding of what emotional wellbeing is
- Have practical self-help strategies to further understand and de-escalate strong emotions
- Know when to and where to access additional support

**Target Audience:** children & young people, youth professionals and parents/carers & families.

**Length:** 1.5 hours

## INTRODUCTION TO SPOT THE SIGNS – SUICIDE PREVENTION

### Overview:

This session differs from the formal Spot the Signs Youth Suicide Prevention course as it is a short-format overview of the campaign. It covers prevention techniques in less detail than the formal training course and is therefore suitable for youth professionals and community based non-mental health trained organisations.

### Learning Outcomes:

By the end of the session attendees will be expected to:

- Have a broad awareness of suicide
- Have an understanding of risk factors and warning signs
- Have a basic understanding of responding to suicidal behaviours
- Know where and when to signpost for additional support

**Target Audience:** youth professionals, community based non-mental health trained organisations

**Length:** 2 hours

## SPOT THE SIGNS – YOUTH SUICIDE PREVENTION

### Overview:

The purpose of this session is to increase attendees' knowledge and awareness about youth suicide. We will explore information about which groups of young people are most at risk and why, protective factors and increase confidence in using practical strategies for identifying and responding to signs of risk in young people. Attendees will be provided with the latest information and statistics in regards to suicide in young people. We will also explore the effects of media and contagion on youth suicide, with the internet having an important contemporary role. This session is most suitable for individuals working/ caring for 9-20 year olds. Please enquire for open training dates for individuals and small groups. We can provide in-house training for groups of 10 or more.

### Learning Outcomes:

By the end of the session attendees will be expected to:

- Have a broad awareness of suicide in young people, including being able to recognise some of the latest statistics and risk factors
- Understand some of the misconceptions surrounding suicide in young people, and be aware of the impact of stigma.
- Have increased confidence in responding to and supporting young people with suicidal thoughts.
- Have an increased knowledge of services available in Hertfordshire to support young people with suicidal thoughts.
- Know where and when to signpost young people to for additional support.

**Target Audience:** youth professionals only

**Length:** 4.5 hours

## SPOT THE SIGNS – YOUTH SUICIDE PREVENTION FOR PARENTS, CARERS AND FAMILY MEMBERS

### Overview:

The aim of this training is to help parents, carers and family members to recognise when their young person is experiencing suicidal thoughts and provide next step support, along with practical advice, information and signposting. There will be allotted time for questions and you will have the option to attend a short mindfulness meditation after the session.

### Learning Outcomes:

By the end of the session attendees will be expected to:

- Recognise when their young person may be experiencing suicidal thoughts and to be able to talk openly about suicide with them
- Feel more confident about how they can help and where they can find help for their young person to support them with managing their suicidal thoughts
- Understand the importance of looking after themselves and where to access support as a parent/carer or family member supporting a young person experiencing suicidal thoughts

**Target Audience:** Parents, Carers and Family members over 18 only.

Please note that this training session is not able to provide support to parents who have a child that has attempted suicide, or who have previously been bereaved by suicide.

If you are worried that a child is at risk of making a suicide attempt or seriously hurting themselves, or it doesn't feel like they're safe, don't wait to attend this training. Call 999 for an ambulance or take them to Accident & Emergency (A&E).

**Length:** 2 hours

## SPOT THE SIGNS – YOUTH SUICIDE PREVENTION TRAINING OVERVIEW FOR GP'S

### Overview:

The purpose of this session is to increase General Practitioners knowledge and awareness about youth suicide, along with how to recognise when a young person may be experiencing suicidal thoughts. We will explore risk factors, warning signs and responding to suicide risk and safety planning in the context of the competing demands of general practice. The session closes by ensuring attendees are aware of the support available for young people across Hertfordshire. This session is only suitable for GP's working in Hertfordshire. Please enquire for training dates. We can provide in-house training for groups of 10 or more.

### Learning Outcomes

By the end of the session attendees will be expected to:

- Know more about the Spot the Signs & Save a Life campaign
- Have an idea of national suicide rates and statistics
- Know how to respond to young people presenting at risk of suicide
- Be aware of signposting and resources for young people both locally and nationally

**Target Audience:** GP's only

**Length:** 1 hour

### You can book in two ways:

1. **IN-HOUSE** – If you have a group or class of 10 or more and are interested in booking an in-house session either online or in-person, please contact Jess Whittaker at [jessica.whittaker@hertsmindnetwork.org](mailto:jessica.whittaker@hertsmindnetwork.org)
2. **INDIVIDUAL** – If you would like to attend an online session as an individual, please follow our Eventbrite page to book on and be notified of latest session dates. Visit: <https://bit.ly/2QZqK4f>

## SOCIAL ENTERPRISE

We work with a number of schools in Hertfordshire and offer a range of activities from assemblies, to mental health workshops, staff training and fundraising events.

We create positive early experiences with mental health services, creating a safe space to explore feelings, improve understanding and gain confidence in talking about mental health and emotions.

**There are lots of ways that we can support local schools to promote the wellbeing of their students, such as:**

### INFORMATION STALLS

Through attending information stalls at school events and parents' evenings, we aim to reduce stigmas attached to mental health. We can provide information and advice, and help raise awareness of mental health and emotional wellbeing in line with the Whole School Approach within your setting.

### ASSEMBLIES

We can arrange to provide an initial school assembly to raise awareness of mental health. This will promote positive mental health and wellbeing, help to reduce stigma around mental health and encourage positive discussions between peers.

We can also work alongside your school to identify whether it would be helpful to run mental health workshops within the school. These can be tailored to the needs of particular year groups, classes and local need.

### MENTAL HEALTH & WELLBEING WORKSHOPS

We provide structured workshops for children and young people, staff and parents at primary and secondary schools. These focus on life skills, building resilience and promoting coping strategies which can help support students to maintain good mental health, whilst empowering them to also support others with their mental health and wellbeing.

**Workshop topics include:**

- Mental health and wellbeing
- Building Resilience and Coping Strategies
- Anxiety and stress
- Exams
- Just Talk
- Worrying
- Being Mindful

- Using Art for Wellbeing
- Understanding Self-harm in Children & Young People: A non-clinical perspective (professionals only)
- Understanding Anxiety in Children & Young People (professionals only)
- Understanding Eating Disorders in Children & Young People (professionals only)

**The workshop sessions help individuals to:**

- Learn how to recognise and communicate their feelings
- Recognise, understand and respond to their own mental health and emotional wellbeing needs and those of others
- Reduce feelings of isolation and loneliness.
- Understand what 'good' mental health looks like
- Know when, where and how to get help
- Maintain and build positive relationships

**How to book:**

Our social enterprise can work with you to develop a package that best meets the needs of your school community (on occasion there may be a cost associated with this) please do contact Jess Whittaker at [jessica.whittaker@hertsmindnetwork.org](mailto:jessica.whittaker@hertsmindnetwork.org)