

DATE(S):

To suit you
Subject to teacher availability

Venue:

Your school or college

Times:

50 min. sessions

Cost:

£35.00
per session
plus travel

Session Level:

To suit your students

All teachers are:
Qualified and competent in the topic areas;
Have enhanced CRB's

and will have ISA when they are available later in 2009

For further information about any of our Learning and Development opportunities, please do not hesitate to contact us.

School & College Sessions

We have created a range of sessions to help your delivery of mental health and wellbeing topics to your students.

Sessions can be adjusted to meet the age group of your students, however, they work best with 12 to 18 year olds. Sessions can also be adjusted to meet your requirements. These sessions can also be used towards PHSME and ASDAN criteria.

- **Bullying and Mental Health Session** - This workshop is interactive with input on what is bullying, who can be a bully and a victim. We look at a case study and there are two pieces of group work which look at how bullying can be reduced in schools or colleges and another on ways to support the victim and bully. This session can be increased to 90 minutes with more time for interaction.
- **Mental Health Awareness Session** - we look at the categories and types of mental ill-health, hear an experience of "Common Mental ill-Health", identify ways to support and help people experiencing difficulties and places to signpost or gain information from. We also look at the link between cannabis and psychosis and alcohol and depression as well as an overview of self-harm.
- **Eating Disorder Awareness Session** - In this workshop we explore what people like to eat; what an eating disorder is and the difference between the three common eating disorders. We finish by looking at coping strategies and getting help and support.
- **A-Typical Mental Health Course** - This course lasts 4 sessions and we explore Definitions and classifications of behaviour; Anxiety and eating disorders; Mood disorders and schizophrenia; Treatment of atypical behaviour.
- **Reducing Bullying and Promoting Wellness Course** - This course lasts 4 sessions and covers: emotional arousal; promoting wellness; types of bullying and how it affects mental wellbeing; organisational anti-bullying policy; active listening skills; personal space; body language; types of communication. We explore some case studies using the skills covered in the course.

All our sessions come with handouts and are delivered with either PowerPoint or for a more relaxed session with a whiteboard or flipchart. Certificates are available on request.