

Mental Health Training

for school staff and youth workers



Hull and East Yorkshire Mind are proud to be working alongside HeadStart Hull to offer free mental health training to school staff and youth workers. The training is designed to give you the tools and techniques to help support children and young people with their mental health, and better look after yours.

Some of the sessions include:

- CBT skills for school staff and community staff
- Managing a child in distress
- Supporting your own mental health and wellbeing

Sessions will be held over Zoom at the times and dates indicated.

To register please
contact headstarthull@hullcc.gov.uk



Hull and East
Yorkshire



Supporting the mental health and wellbeing of your staff

10th February 2021 (4:30pm - 6:30pm)

Aimed at Senior Leaders and Managers in all settings to give them raised awareness of mental health and tools and techniques to support their staff and encourage a wellbeing culture.

Having a conversation about mental health

11th February 2021 (4:30pm - 6:30pm)

Aimed at anyone supporting young people and includes things like how to improve active listening skills and understanding the importance of boundaries.

Supporting your own mental health and wellbeing

26th February 2021 (4:30pm - 6:30pm)

Aimed at all adults who are supporting young people to improve their own wellbeing by introducing the 5 Ways to Wellbeing, importance of sleep, diet, exercise, introduce Wellness Action Planning as a tool.

CBT for anxiety- skills for school and community staff

1st March 2021 (1:30pm-3pm)

Aimed at all staff who support young people who are anxious. It includes some awareness raising and helpful tips and techniques for anxiety.

Managing a child in distress

2nd March 2021 (1pm - 2pm)

Aimed at anyone dealing with a child in distress. Identifying the impacts of distress on you and the child- what do you feel and what helps you manage/ getting back control of the child's emotions and your own emotions.

Supporting loss

11th March 2021 (9:30am - 11:30am)

Aimed at all adults supporting young people who have experienced loss. This includes understanding the effects of loss, the grieving process, how to support someone through loss and encourage positive wellbeing.

