

*What do certain behaviour patterns mean?
How should we respond? What help is available?*

Resilience and Mental Health

Two 2-hour twilight sessions (4 – 6 pm)

Tuesday 3 March & Tuesday 17 March 2020

Full course - only £96* per person

The Training Centre, OLCHS, Fulwood, PRESTON PR2 3SQ

This course is aimed at teachers and pastoral staff who want to know more about **child and adolescent mental health** and about **how to help** children to **build resilience** and learn **good mental health practices**.

The training sessions will consider:

- *What is mental health?*
- *Factors that can damage mental health?*
- *Mental Health conditions. Warning signs and ways to respond:*
 - *Anxiety Disorders*
 - *Depression*
 - *Suicide*
 - *Self-Harm*
 - *Eating Disorders*
- *Building good mental health and resilience*
- *Accessing Services (a look at CAMHS and other help available)*



Trainer: John Regan

John Regan has been working with children and young people, and with adult leaders and teachers, for more than twenty years. He currently runs JRA Training & Consulting, which provides training and support to the education, childcare and youth work sectors. He is a qualified Mental Health First Aid instructor, and an experienced counsellor. He first got interested in child and adolescent mental health during his time as a lay chaplain in a large Catholic High School near London.

To book a place email cta@olchs.lancs.sch.uk or

**Cost - £96 per person for members of the Catholic Teaching Alliance.*

Cost - £108 per person for non-alliance members.

call Paula or Gill on 01772 326931.



See www.catholic-teaching-alliance.org for the Cancellation Policy