



# Mental Health & Wellbeing



Alliance  
for Learning

*Train, Teach, Transform!*

## *Mental Health and Wellbeing*



**Mental health** is an important part of everyone's life and good mental health and wellbeing is directly linked to good physical health. Positive mental health and wellbeing is also linked to increased life expectancy, improved quality of life, better educational achievement and improved employment prospects.

### Youth MHFA

7<sup>th</sup> & 8<sup>th</sup> February  
2018

(9.30am-4.00pm)

Our Youth MHFA Two Day course qualifies you as a Youth Mental Health First Aider.

The core aims of the programme are to enable participants to:

- gain a wider understanding, for themselves and others, and issues surrounding mental health
- gain a greater understanding of how and why positive and negative mental health affects school
- work more effectively with children/young people experiencing mental health problems
- identify the discrimination surrounding mental health problems
- help support children/young people with mental health problems, and look after their own mental health
- begin developing an action plan for promoting positive mental health

RRP: £300pp

\*£250pp if taken  
as part of a  
package

### Adult MHFA

20<sup>th</sup> & 21<sup>st</sup> March  
2018

(9.30am-4.00pm)

Our Youth MHFA Two Day course qualifies you as a Adult Mental Health First Aider.

Quality assured MHFA instructors deliver training that has been designed to fit into four manageable chunks. These are:

- Mental Health First Aid, mental health, and depression
- Depression (cont.) and suicidal crisis
- Anxiety, personality disorders, eating disorders and self-harm
- Psychosis, schizophrenia and bipolar disorder

RRP: £300pp

\*£250pp if taken  
as part of a  
package

**For more information or to book this course please contact us:**

E: [admin.teachingschool@evertoncentre.liverpool.sch.uk](mailto:admin.teachingschool@evertoncentre.liverpool.sch.uk) | T: 0151 233 1969 | [www.northliverpoolteachingschool.org](http://www.northliverpoolteachingschool.org) | @NorthLivTeach



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## Advanced MH with Early Trauma

15<sup>th</sup> March 2018

(9.30am-4.00pm)

This course looks at why some children behave the way they do and how we can help them. It would be beneficial to complete our Mental Health First Aid training first, but not essential.

The aims of the programme are to enable participants to:

- Explain how trauma and abuse impacts on a child's mental health
- Explore how events in childhood affect lifelong mental health
- Explain how children who have experienced trauma and abuse may behave in school
- Explore ways schools can support the mental health of their students who have experienced early trauma

RRP: £190pp

\*£150pp if taken  
as part of a  
package

## Youth MHFA Lite

21<sup>st</sup> Feb 2018

(9.00am-12noon)

Our half day course is an introductory three hour session to raise awareness of young people's mental health

The aims of the programme are to:

- Gain a wider understanding of some issues surrounding young people's mental health
- Interact more effectively with young people who are experiencing mental health issues
- Get an insight into the full two day Youth MHFA course and the benefits of becoming a Youth Mental Health First Aider
- Explore the issues around young people's mental health and how to relate to them
- Help you to support young people who maybe experiencing mental health issues

RRP: £75pp

\*£50pp if taken as  
part of a package

**\*Cost of total package (all four sessions) £700.00 pp**

**For more information or to book this course please contact us:**

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