

Enrichment: Understanding Mental Health in Young People

Course overview

Most children grow up mentally healthy, but surveys suggest that more children and young people have problems with their mental health today than 30 years ago. This is probably because of changes in the way we live now and how that affects the experience of growing up.

This workshop is essential for those who work, or want to work, with young people such as community volunteers, activity leaders, learners on Childcare, Health and Social Care and Teaching Assistant courses.

What will I study?

You will:

- explore mental health and the effect on young people
- discuss how we can help keep young people healthy
- consider the support needed at an early age
- be aware of where to signpost young people to and the external support available to them

Assessment method

You will participate in Q&A sessions and discussions and receive verbal feedback from the tutor throughout the workshop.

Entry requirements

You will be on one of our qualifications courses or have a serious interest in the subject. You will need a good understanding of English.

What should I bring with me?

You will need to take notes so bring along your preferred tools such as a pen and paper or an electronic device.

Key information

Code	Date	Time	Location	Full Fee	Concessionary Fee
7105CP	Friday 5 February 2021	9.30am to 12.30pm	Dagenham	£9.00	£5.00

Possible next steps

You will be supported to enrol on to the most suitable course for you following the successful completion of this course.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722