

CPD: 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, probably because of changes in the way we live now and how that affects the experience of growing up. This number has risen following Covid lockdowns.

This short course 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 and people in those professions.

What will I study?

You will:

- Explore Mental Health and the effect on young people
- Discuss how we can help keep young people mentally 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 solid understanding of English.

What should I bring with me?

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

Key information

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Possible next steps

During this course, you will be given advice and guidance on other suitable CPD, Wellbeing courses or wider courses.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722