

# Understanding the mental health needs of children and young people

Friday 8<sup>th</sup> November, 9:00am – 3:00pm, Ashmount School, Loughborough

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Many adults don't know the signs and symptoms of mental illness in children and young people and, even when they do, it can be difficult to distinguish these from 'typical' behaviour.

Children and young people can develop the same mental health conditions as adults, but often express them differently as they tend to lack the vocabulary or developmental ability to explain their feelings and/ or concerns.

This course will develop your knowledge, understanding, skills and confidence to support children and young people when they are finding life difficult.

## Who should attend?

- Learning support assistants, classroom assistants, SEND support teachers/ assistants, SENCO's/ trainee SENCO's and pastoral support staff and managers.

## Participants will learn:

- to be aware of and recognize, the contributing factors to the mental health and wellbeing of children and young people
- to be aware of and recognize the signs and symptoms of a variety of mental health difficulties, such as anxiety, depression, ADHD, mood disorders, ASD
- about the impact of children and young people's mental health on learning, relationships, attendance and behaviour
- how to provide appropriate support to children and young people with mental health concerns
- about services which can support schools and their pupils further.

## About the course leader

Cathi McKillop has a bachelor of education honours degree and a postgraduate certificate in Child and Adolescent Mental Health. Cathi has worked in schools and colleges for 18 years and spent 12 years working for the Educational Psychology Service in Leicestershire.

Cathi specialises in therapeutic work with children and young people. She also offers practical advice to their teachers and parents so that they can support the child effectively too.

She provides coaching and mentoring for school staff who may be finding classroom/behaviour management difficult.

## Ways to book

[Click here](#) to book a place

or

**Email:** [jessevens@ashmount.leics.sch.uk](mailto:jessevens@ashmount.leics.sch.uk)

or

**Tel:** 01509 632911

**£95 (members)**  
**£120 (non-members)**