

FREE LEARNING COURSE

FOR UNISON MEMBERS TO LEARN MORE

MENTAL HEALTH IN CHILDREN AND YOUNG PEOPLE

12th JUN | 9:30 -11:30pm | MS Teams

This learning takes a look at the everyday challenges facing children and young people and the effect it can have on their mental health.

We will begin to teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. In doing so, you can speed up a young person's recovery and stop a mental health issue from getting worse.

Our courses won't teach you to be a therapist, but we will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening.

