

FREE MENTAL HEALTH WORKSHOPS

For Parents and Carers



A training programme
for parents & carers of children & young people
in Adur & Worthing

Am I eligible to apply for a course?

In order to apply for any of these courses you need to meet this criteria:

- You can attend the entire session(s)
- You are a parent or carer of a child or young person in the Adur & Worthing area

How can I book?

In order to access these courses, you must book on Eventbrite. Please go to this link to book your place:

<http://www.eventbrite.co.uk/o/coastal-west-sussex-mind-8288439768>

If you have any further questions contact the Coastal West Sussex Mind team on:

training@coastalwestsussexmind.org or call us on **01903 277010**

If you don't book and turn up on the day, you won't be able to attend the session.

Is there a cost?

These training sessions are **FREE** as they are funded by the NHS and West Sussex County Council but the actual cost of a session is approximately £50 per person.

Therefore, because we are anticipating high demand, and will be operating a waiting list for all sessions, please let us know in advance if you are unable to attend so we can offer the place to someone else.

Young People and Mental Health

This session was designed to explore some of the issues that young people may be facing today with regards to their mental health. It provides an overview, including what positive mental health is, as well as some of the issues that may be of concern. We will discuss when to seek help and how to go about this.

Saturday 21.10.17 in Lancing

The Adolescent Brain

This session will explore the myths and negative stereotypes around teenagers and the teenage brain. You will gain an evidence-based insight into latest research around what goes on in the developing adolescent brain and how it affects the young person's present and future.

Wednesday 01.11.17 in Shoreham

Friday 17.11.17 in Worthing

Talking to Young People about Mental Health

This session will explore the difficulties around talking with young people about mental health and emotional wellbeing. The session will include practical strategies and approaches we can use when discussing these issues.

Saturday 04.11.17 in Worthing

Helping Young People Cope with Life

This session has been designed for parents and carers, to help build an understanding of the challenges 12-18 year olds commonly face. We will discuss what support, advice and coping strategies can be used to help young people cope with those challenges and ever-increasing pressure they are under to protect them against the risk of developing mental health issues in later life.

The aim is to equip parents and carers with knowledge and skills that can be used to help guide young people through what can be tough and challenging times.

23.11.17 in Worthing

Self Harm

In this session, we will discuss self harm from a young person's perspective.

We will explore some of the reasons why young people self harm and challenge the myths that surround them. We will also identify what works for a young person, exploring strategies and ways forward to get the right help.

28.11.17 in Worthing

Further Information

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