



Training and Education

We believe that training is an important part of the work that we do in de-stigmatising mental health issues surrounding young people. We have developed over the last 18 months various training for both adults and young people which are detailed below:

1. TRAINING

We have therefore put together a comprehensive training package for people who work with young people.

The session one day course covers the following topics:

- ◆ Definition of mental health/ill health
- ◆ Diagnosis, treatments and research
- ◆ Concentrated look at specific illnesses eg, OCD, depression and eating disorders.
- ◆ Group work and discussions
- ◆ Video
- ◆ Wellness recovery plans
- ◆ Structure of local services

We have delivered this training to:

- ◆ SCYS – Taunton
- ◆ Wells

Tutors

Both trainers are qualified to deliver training to adults and also have life experience of mental health issues.

2. PRESENTATIONS

We offer a variety of presentations which can be tailored made to your particular learners/environment.

We have recently delivered a variety of presentations which have included talks for:

- ◆ Taunton School for a Peer Mentoring event.
- ◆ Dillington School for a Peer Mentoring event.

Some feedback from adult learners:

“Plenty of information – very interesting”

“explained some of the jargon which I was unsure of”

“I now know how to respond to young people in the appropriate way”

3. SCHOOL TALKS

We deliver talks to local schools on issues surrounding young people's mental health and on drug and alcohol awareness.

Schools we have visited are:

- ◆ Bucklers Mead School, Yeovil.
- ◆ King Arthurs Community School, Wincanton.

Some feedback from young people:

“it showed clearly that there are people who can help”

“it was interactive and we were involved in the presentation”

“It got people involved, good information and activities”

Costs

Prices are available on request for all types of training and presentations and would depend on:

1. The type of training eg. One day training, presentation or school talk.
2. Whether the course is specifically designed for your organisation.
3. Time scale, full day or half day.
4. Number of attendees which will affect price for handout material etc.

[Link to leaflet](#)

[Link to presentations](#)