

Course Information Sheet

QNUK Level 2 Award in Awareness of Young People's
Mental Health (RQF) 1 day (7hr) course



Overview

Young people are under considerable and increasing pressure in the modern world. School work and exams, friendship and family relationship issues, bullying, exploring identities (particularly including sexual identity)... The advent of social media, the internet and gaming have raised the expectations of young people to look and behave in a particular way and contribute to poor sleep.

Government statistics show that 5.5% (1 in 18) under 5s may have a mental health disorder and 11.2% of 5-16yr olds suffer from at least one clinically diagnosable mental health condition, yet 70% have not had effective intervention. This course will not teach you how to be a counsellor, but it will give you the knowledge and skills to identify common mental health conditions in children and young people, know where and how to signpost them for further specialist help and enable you to be proactive in improving resilience.

Course Content

- ⌘ What is meant by the term 'mental health'
- ⌘ Risk factors which increase the likelihood of mental ill health
- ⌘ Short and long term impacts of mental ill health
- ⌘ Causes and impact of common mental health conditions & where to signpost young people for further help & support:
 - ⌘ Stress, anxiety, depression, Obsessive Compulsive Disorder (OCD), Post Traumatic Stress Disorder (PTSD)
- ⌘ Why young carers are at greater risk of mental health conditions
- ⌘ Internet, gaming and social media, their impacts and how to minimise the risk to mental health
- ⌘ Harmful coping strategies:
 - ⌘ signs/symptoms;
 - ⌘ signposting to specialist help & support:
 - ⌘ self harm, substance abuse, eating disorders
- ⌘ Recognising and supporting a young person in suicidal crisis
- ⌘ Improving resilience to support positive mental health

*"Just because you don't
understand it doesn't
mean it isn't so"*

Lemony Snickett

Qualification Assessment

To obtain the qualification delegates are required to:

- ⌘ attend the full 7hrs of the course; and
- ⌘ complete a workbook to demonstrate understanding at the end of the course.

NB this course can be undertaken as CPD without formal accreditation which removes the need to complete the workbook.



Who is the course suitable for?

- ⌘ Teachers in primary, secondary and tertiary education
- ⌘ Parents, carers, guardians
- ⌘ Other adults who support children and young people or their parents e.g. youth workers, childcarers, youth justice workers, probation officers, uniformed organisation leaders, family support workers etc. or other interested adults
- ⌘ Young people aged 14+

Accreditation

Winterbury Training is an Accredited Training Centre with Qualifications Network UK (QNUK) and NUCO. This nationally recognised qualification is regulated by Ofqual and fully accredited by QNUK.

Why book with Winterbury Training?

- ⌘ Fully qualified trainer with extensive experience in education & childcare settings & clinical experience as a Community First Responder & ambulance crew with the NHS
- ⌘ Practical activities & tasks to ensure learning is engaging & memorable and caters for all learning styles
- ⌘ Plenty of opportunity for discussion
- ⌘ Nationally recognised qualification (fully regulated by Ofqual) valid for 3 years
- ⌘ Our delegate feedback is outstanding:
 - ⌘ 99.4% rated teaching ability 5/5
 - ⌘ 97.6% rated how much they learned 5/5
 - ⌘ 100% of delegates would recommend us
- ⌘ Full courses available in a virtual format (please enquire)
- ⌘ No VAT payable on our course fees

"Really beneficial for future work with families.

Thank you" 😊

*Natasha Harman,
Spurgeons*

For more information, to book a course at your school, setting or business or to book places on an open course, contact us:

Email: info@winterburytraining.co.uk

Tel: 07584 732119

Open course dates and venues can be found on our website:

www.winterburytraining.co.uk