



Anna Freud
National Centre for
Children and Families

Supporting Schools to Manage the Impact of Unexpected Change on Mental Health

Evidence shows that unexpected change and loss can have an impact on children and young people's mental health and wellbeing. This course will focus on the current experience of children and young people as a result of the pandemic, based on the most recent evidence. This course gives clear, simple advice to all those who are supporting the mental health and wellbeing of children and young people during the current crisis, including those who may already be vulnerable or suffering from mental health difficulties.

Duration: 2 hours or 5 hours

Format: Online

Group Size: Up to 30



Testimonials

"The training was fabulous, the best training I have had on the subject of mental health."

(Delegate, MHAT Online Training, Anna Freud Centre, delivered by Dr Rina Bajaj)

Who is this training suitable for?

Our training modules are suitable for anyone working with children and young people in a school, college or community setting and could include:

- School leaders
- Teachers and staff in schools and colleges
- SEN/Designated Mental Health Leads
- Learning mentors
- PSHE leads

Key Learning Outcomes

- Specific guidance about mental health in the current climate related to coronavirus and the impact of lockdown and how to support children and young people in your schools and colleges
- Establish and embed sources of support for your children and young people experiencing anxiety
- Learn from examples of good practice and shared experiences between schools
- Apply practical, evidence-based tools in your setting to support mental health and wellbeing, including our top tips for talking to children and young people about mental health
- Understand and be able to implement a whole school approach to mental health and wellbeing
- Signposting to trusted mental health and wellbeing resources and sources of support

Registered address:

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Our Patron: **Her Royal Highness The Duchess of Cambridge**

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