



Bespoke Mental Health Workshops (3 Hours)

These are a range of workshops focussed on individual mental health problems. Workshops aim to provide a deeper understanding of an individual issue, explore the evidence base, identify best practice, and equip staff with tools to help support children and young people.

Workshops cover topics such as anxiety, self-harm, substance use/misuse and bullying. Our training materials are constantly evolving, if there is anything you want covering - let us know.

To run this course, a minimum of 10 delegates are required.

This half day workshop will cost £60 per delegate (excluding VAT)

Please note: This course can be delivered as a 'twilight' session (15:30 – 18:30) upon request