

****NEW** The mental health training you and your team have been waiting for!!**



A newly developed, fully funded, 3 part training programme designed to grow capacity and confidence within the workforce to support good mental health and wellbeing for children and improve their lifelong outcomes. Whilst each session is helpful on its own, delegates are asked to book on to all 3 parts over time in order to achieve a comprehensive understanding and skills base.

This is for everyone who works with children and families in Portsmouth.



What it is

- Understand wellbeing vs mental health
- Use existing relationships to support our children and young people
- Develop skills and confidence to provide appropriate support within the scope of our roles
- Deepen understanding of specialist support and how to access this



What it isn't

- Diagnosing and treating mental health conditions
- A replacement for specialist services
- Increasing existing workloads