

Raising Awareness of Children and Young People's Emotional Wellbeing - An E-Learning Course





Raising Awareness of Children and Young People's Emotional Wellbeing
An E-Learning course validated by The University of Northampton
and supported by The Charlie Waller Memorial Trust.



This course is based on the premise that **'mental health is everyone's business'**. The government agenda 'No Health without Mental Health 2011' highlights the importance of early detection and intervention of physical, emotional and social needs of all children and young people.

The course offers a comprehensive and flexible way of learning and is aimed at anyone who works with children and young people.

The course has been written by a team of professionals with varied backgrounds and expertise in the Mental Health field.

Objectives of this course:

- Enhance the front line workers' knowledge and understanding of Children and young people's Emotional wellbeing and mental health
- Introduce practical tools that front line staff can use when supporting young people who are experiencing emotional difficulties
- Increase the understanding of children and young people's lived experiences by encouraging reflection on personal attitudes and values

Typical modules include:

- Detecting depression
- Protecting and safeguarding
- Challenging behaviour
- Asperger's syndrome
- Therapeutic relationships

