



Evidence based training to support healthy young minds



# Children and Young People's Mental Health and Wellbeing & navigating services

A FREE in-person training session aimed at school staff and other frontline practitioners working with children and young people.

**Wednesday 24<sup>th</sup> January 13:30 - 17:00**  
**at University of Reading (London Rd campus)**

*(Light refreshments will be provided)*

The session will help you to:

- Develop your understanding of children and young people's mental health, wellbeing and resilience
- Understand the risks and protective factors on mental health and supporting young people to develop skills
- Think about what your role might look like in supporting children & young people's mental health
- Understand CAMHS services and how to access support and signpost

To book please [click here](#)

This is a session to pilot an updated training module developed as part of the PPEPCare project (Psychological Perspectives in Education and Primary Care). PPEPCare provides training across the Thames Valley and the South of England.

**This will be the first time this updated training module has been delivered and your feedback will help to coproduce the final module content.**

Places are limited and available on a first-come-first-served basis for frontline practitioners from; Berkshire, Buckinghamshire, Hampshire, Oxfordshire, Bath & North East Somerset, Swindon and Wiltshire.

Deadline to book is Friday 5 January

For any questions, please email Caroline McGill at [PPEPCare-Training@brighterfuturestogether.org.uk](mailto:PPEPCare-Training@brighterfuturestogether.org.uk)

