

## Targeted Mental Health Support 2019

Please note that to attend any of the half day interventions below you will have required to attend either Mental Health First Aid Youth 2 day, Mental Health First Aid Youth 1 day, Mental Health First Aid Youth Aware/ Lite or Mental Health First Aid Schools and Colleges (This does not apply to No Worries).

Tier of support	Training	Training delivered by	Programme description	Impact/ Outcomes	Cost	Contact
Tier 1 Targeted KS1-KS4	Managing Emotions and Behaviour	TaMHS	8 week peer support (anger)	Pupils to understand triggers of anger, defuse and manage more effectively	£25	cpd@shropshire.gov.uk 01743 254570
Tier 1 Targeted KS1-KS4	Introduction to Self Harm and STORM (Half day)	TaMHS	Understanding and managing self injury. Introduction to suicide prevention	Raise awareness of prevalence, dispel myths, how to identify early signs, how to respond and support following a disclosure	£25	
Tier 1 Targeted KS1- KS2	Supporting Emotional Needs of Children and Young People and Self Esteem ( <b>Reach for the Top</b> )	TaMHS	6 week 1-1 (attachment)	Provide time and space for pupils to talk, to build trust, to feel valued, safe and belong within the school	£25	
Tier 1 Universal (8-18 years)	Mental Health First Aid Youth Aware (3.5 hours)	TaMHS	Introduction to recognising the signs and symptoms of common mental health problems. Providing help on first aid basis, effectively guiding others towards support.	Raising awareness of mental health and emotional wellbeing. Understanding the impact of modelling behaviour and communication. Identifying worrying behaviours	£25	
Tier 1 Universal (8 -18 years)	Mental Health First Aid Youth (2 days training)	Multi-agency	Recognising the signs and symptoms of common mental health problems. Providing help on first aid basis, effectively guiding others towards support.	Raise awareness and confidence to staff and professionals. Recognise and respond appropriately to signs of emotional and mental ill health	£80	
Tier 1 Targeted Upper KS1-KS2 (7-11 years)	No Worries (Primary) (2 days training)	Educational Psychology Service	8 week peer support (Anxiety)	Using Cognitive Behavioural Therapy to reduce and manage anxiety		
Tier 1 Universal KS3-KS4 (11 years upwards)	No Worries (Secondary) (2 days training)	Educational Psychology Service	8 week peer support (Anxiety)	Using Cognitive Behavioural Therapy to reduce and manage anxiety		

### Tier 1 delivery available on request TaMHS programmes below and above except No Worries

Tier 1 Universal (8 -18 years)	Mental Health First Aid Youth (1 day training)	TaMHS	Recognising the signs and symptoms of common mental health problems. Providing	Raise awareness and confidence to staff and professionals. Recognise	Please contact	tamhs@shropshire.gov.uk
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			help on first aid basis, effectively guiding others towards support.	and respond appropriately to signs of emotional and mental ill health		
<b>Tier 1 delivery of workshops for pupils in relaxation</b>						
Tier 1 Universal KS1-KS4 plus	(Relax Kids, Chill Skills, TeenYoga)	TaMHS	Relaxation techniques to help reduce anxiety and stress	Raise awareness for using relaxation techniques. To help reduce anxiety and stress. Promoting the benefits of relaxation for all.	Please contact	tamhs@shropshire.gov.uk

### TaMHS Training Dates 2019

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Date	Time	Course	Venue	Cost	Contact
6 <sup>th</sup> & 13 <sup>th</sup> February 2019	9.00am – 4.30pm	Mental Health First Aid Youth 2 day	Shrewsbury University	£90	cpd@shropshire.gov.uk 01743 254570
27 <sup>th</sup> February 2019	9.00am -12.30pm	Mental Health First Aid Youth Aware	Shrewsbury University	£25	
27 <sup>th</sup> February 2019	1.15pm – 4.15pm	Managing Emotions and Behaviour	Shrewsbury University	£25	
27 <sup>th</sup> March & 3 <sup>rd</sup> April 2019	9.30am - 5.00pm	Mental Health First Aid Youth 2 day	Shrewsbury University	£80	
1 <sup>st</sup> May 2019	9.00am -12.30pm	Mental Health First Aid Youth Aware	Shrewsbury University	£25	
1 <sup>st</sup> May 2019	1.15pm – 4.15pm	Supporting Emotional Needs of Children and Young People and Self Esteem ( <b>Reach for the Top</b> )	Shrewsbury University	£25	
5 <sup>th</sup> June 2019	9.00am -12.30pm	Mental Health First Aid Youth Aware	Shrewsbury University	£25	
5 <sup>th</sup> June 2019	1.15pm – 4.15pm	Introduction to Self Harm and STORM	Shrewsbury University	£25	
25 <sup>th</sup> September & 2 <sup>nd</sup> October 2019	9.30am - 5.00pm	Mental Health First Aid Youth 2 day	Shrewsbury University	£80	
20 <sup>th</sup> November & 27 <sup>th</sup> November 2019	9.30am - 5.00pm	Mental Health First Aid Youth 2 day	Shrewsbury University	£80	