


Primary Mental Health Service

The Primary Mental Health Service are providing **FREE** Mental Health Workshops for professionals. These workshops will address four key areas of child and adolescent mental health (ages 0-18), including **Anxiety**, **Attachment**, **Depression** and **Self-Harm**, and will run throughout the 2016-17 academic year, as follows:

Anxiety		Attachment		Depression		Self Harm	
2016	Tues 13 th Sept	2016	Thurs 3 rd Nov	2017	Tues 10 th Jan	2017	Thurs 2 nd Mar
	Tues 20 th Sept		Thurs 10 th Nov		Thurs 19 th Jan		Tues 7 th Mar
	Fri 30 th Sept		Tues 15 th Nov		Tues 24 th Jan		Thurs 16 th Mar
	Tues 4 th Oct		Fri 18 th Nov		Tues 31 st Jan		Thurs 23 rd Mar
	Tues 11 th Oct		Tues 29 th Nov		Tues 7 th Feb		Tues 27 th Jun
	Thurs 13 th Oct		Fri 9 th Dec		Thurs 16 th Feb		Thurs 6 th Jul
Fri 21 st Oct	Thurs 15 th Dec	Thurs 8 th Jun	Tues 11 th Jul				
2017	Tues 28 th Mar	2017	Thurs 11 th May	Tues 13 th Jun	Thurs 13 th Jul		
	Tues 4 th Apr		Tues 16 th May	Thurs 15 th Jun			
	Thurs 27 th Apr		Thurs 18 th May	Thurs 22 nd Jun			
	Tues 2 nd May		Tues 23 rd May				

 FULL

(All workshops will run from 9.00am to 12.00noon.

September to December workshops will take place at [City of Coventry Health Centre](#).

From January to July the workshops will take place at [Paybody Building](#))

Places on the workshops are subject to availability.

To book your place on a workshop email Coventry.PMHS@covwarkpt.nhs.uk

(please include: Name, Role, Agency, Choice of Workshop/Date)

or to discuss a bespoke workshop please call **02476961476**

In partnership with:



Coventry and
Warwickshire

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the relationship people

Primary Mental Health Service

Workshop objectives:

Anxiety

- To consider the definition of anxiety - including various types of anxiety
- Explore the physical symptoms of anxiety - what does anxiety look like? What are the warning signs?
- To consider how anxiety develops and is maintained over time
- To consider strategies you can use to support a child or adolescent with an anxiety related disorder
- Understand when & how to access specialist services when appropriate in relation to anxiety

Attachment

- To provide an overview of attachment
- To highlight the difference between attachment difficulties and attachment disorders
- To discuss the consequences of maltreatment, including trauma
- Explore how attachment difficulties impact upon learning, education and social development
- Strategies for working with CYP
- To discuss support available for signposting CYP

Depression

- To gain an understanding of depression in a CYP
- To be able to recognise depression in a CYP - physical symptoms and warning signs
- Risk and protective factors for children and young people with depression.
- To explore strategies to support CYP suffering with depression
- To understand when to refer a child or young person to specialist services

Self Harm

- To develop knowledge and understanding of self-harm behaviour in young people
- To explore the reasons why young people self-harm.
- To understand how to respond to a disclosure.
- To explore alternative coping strategies for reducing self-harm behaviour.
- To identify support available for CYP and when to refer on.

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