

# Primary Mental Health in Warwickshire

Now offering via  
Microsoft Teams!

Warwickshire's Primary Mental Health Team is providing

**FREE** Mental Health Awareness Workshops

for universal professionals within Warwickshire.

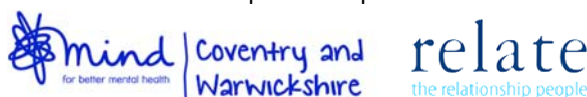
These introductory workshops aim to raise awareness around four

key areas of child and adolescent mental health (0-18 years):

**Anxiety—Back to School, Challenging Behaviours for children  
aged 3-11years, Challenging Behaviours for children aged 12+,  
Self Esteem**

**Please be aware you are expected to remain for the duration of the  
workshop**

In partnership with:



# Primary Mental Health Service

## Anxiety—Back to School

To understand the complexities of returning back to school following COVID 19.

To understand different types of anxiety such as generalised anxiety, separation anxiety and panic.

To explore the symptoms of the different types of anxiety- what do they look like? What are the warning signs?

To explore risk and protective factors which may impact upon anxiety and low mood.

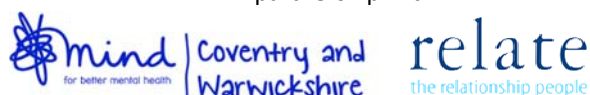
To introduce a cognitive behavioural model of how anxiety difficulties may be maintained over time.

To introduce strategies that can be used to support a child or adolescent with anxiety.

To understand when & how to access specialist services in relation to anxiety.

Date	Time
1st September 2020 (Teachers Training Day)	1.30pm—3.30pm
3rd September 2020	11.30am—1.30pm
21st September 2020	3.30pm—5.30pm

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# Primary Mental Health Service

## Challenging Behaviours for children aged 3-11years

During this workshop we will discuss challenging behaviours that may be displayed by children aged 3-11 years, and we hope to provide further understanding as to why these behaviours may be present. You will take away practical tips and strategies that you can implement to help to manage challenging behaviours that may be displayed. You will also find out where to go for help locally if you are worried about a child's emotional wellbeing'

Date	Time
2nd September 2020	1.30pm—3.30pm

In partnership with:



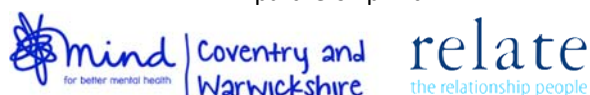
# Primary Mental Health Service

## Challenging Behaviours for children aged 12+

‘During this workshop we will discuss challenging behaviours that may be displayed by young people over 12, and we hope to provide further understanding as to why these behaviours may be present. You will take away practical tips and strategies that you can implement to help to manage challenging behaviours that may be displayed. You will also find out where to go for help locally if you are worried about a child's emotional wellbeing’

Date	Time
10th September 2020	3.30pm—5.30pm

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## Self Esteem

To understand the definition of self-esteem and development of self-esteem in childhood  
To identify and understand what healthy and low self-esteem might look like in a child or young person.  
To consider and understand the link between self-esteem and mental health  
To explore the risk and protective factors which may impact upon anxiety and low mood.  
To introduce strategies that can be used to support a child or adolescent experiencing low self-esteem.  
To understand when & how to access specialist services in relation to self-esteem.

Date	Time
8th September 2020	3.30pm—5.30pm

In partnership with:



Places on our workshops are subject to availability.

To book your place or to discuss a bespoke workshop,  
please email

[risecommunityoffer@covwarkpt.nhs.uk](mailto:risecommunityoffer@covwarkpt.nhs.uk)

*Please include: name, role, agency, choice of workshop/date*



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