Mental Health Awareness for Children

Mental health problems can affect anybody at any time, regardless of gender, ethnicity, or age. Research has shown that one in eight children and young people have a diagnosable health condition.
This course provides you with a detailed understanding of child mental health. It explains some of the common emotional, behavioural and hyperkinesis disorders, how you can identify and support a child who may be struggling, and how to promote positive mental health and wellbeing.

At the end of the session learners should be able to:

- Understand the common mental health problems that children and young people face and the impact they can cause.
- Know the common signs of mental health problems in children.
- Understand the factors that are likely to increase the risk of a child developing a mental health problem.
- Understand the impact of external factors, such as social media, can have on a child's mental health and how to promote positive mental health in your environment.
- Develop the skills needed to broach sensitive subjects with children and young people and be aware of the role you have in supporting positive mental health.
- Know what actions to take when you consider a child to be at risk of a mental health problem.
- Understand the interventions that organisations can introduce to help improve a child's mental health, including the benefits of play therapy.