



Courses for Mental Health Leads

Becoming an ‘Outstanding’ Mental Health Lead

This innovative, advanced, in-depth, 3-day course, delivered by a HCPC Registered Psychologist, aims to provide a cost-effective and flexible approach for schools to meet their requirement to train Mental Health Leads.

Delegates can choose from a selection of dates, enabling them to complete their training over a period of time that works for them and their school, instead of having to complete the training over three consecutive days.

The course will provide delegates with an overview of the role of Mental Health Lead in schools, including the role’s key responsibilities and necessary skills and competencies. It also provides an extensive array of knowledge and resources required to effectively perform as a Mental Health Lead.

On completion, each delegate will receive a certificate, a comprehensive handbook containing the information presented and learned during the course as well as additional resources, and a complimentary copy of two books of their choice from the *Starving the Gremlin* series or the *Banish the Thief* series by Kate Collins-Donnelly.

Schools also have the option of accessing an exceptional..

‘Supervision and Advice Package’

...for their Mental Health Leads and/or Pastoral and Support Staff at an additional cost (offered at a reduced rate for schools who have at least one member of staff booked on the 3-day ‘Becoming an Outstanding Mental Health Lead’ course). The supervision and advice services can be provided face-to-face on some occasions (depending upon geographical location) or by phone, Facetime or Skype. Please contact us for further details.

Day 1: The Role of Mental Health Leads: An Overview



Day 1 will focus on:

- What are mental health and emotional health and well-being?
- What is a Mental Health Lead?
- Understanding the role, responsibilities and expectations
- Key competencies and skills required for the role
- Developing an emotionally intelligent and emotionally healthy school – what would it look like and involve?
- Developing a whole school mental and emotional health policy and vision
- Accessing additional training and CPD for Mental Health Leads
- Identifying training needs for the whole school in relation to mental health awareness
- Supervising, debriefing and identifying training for pastoral and support staff.

Day 2: Advanced Mental Health Awareness



Day 2 will focus on:

- Types of mental health disorders that can affect pupils, families and staff members, including:
 - Description and summary of disorder
 - Categorisation within the DSM V and ICD-10
 - Diagnostic process
 - Signs and symptoms to look out for
 - Risk factors and causes
 - Impacts, including upon learning, achievements and aspirations.
- Types of emotional well-being issues that can affect pupils, families and staff members, including:
 - Description and summary of presenting issue
 - Signs and symptoms to look out for
 - Risk factors and causes
 - Impacts, including upon learning, achievements and aspirations.

Day 3: Supporting the Mental & Emotional Health Needs of Pupils & Families

Day 3 will focus on how school staff can work together and with multi-agencies to support the emotional well-being and mental health needs of pupils and families and promote positive mental health and well-being.

It will address:

- Auditing the need for support for pupils, families and staff
- Auditing current in-school provisions and effectiveness of access to external provisions for pupils, families and staff
- Providing in-school preventative provisions to promote mental and emotional health and well-being, and information on resources available to support this
- Providing in-school support provisions for different mental health disorders and emotional well-being issues, and information on resources available to support this
- Types of external support provisions available for different mental health disorders and emotional wellbeing issues
- How to access external support provisions, including referral letter templates
- Engaging parents and families and providing them with advice and guidance
- Monitoring and evaluating the outcomes and impact of support provisions.



Course duration: 3 days - delegates can choose from a selection of dates, enabling them to complete their training over a period of time that works for them and their school, instead of having to complete the training over three consecutive days.

Cost: From £750 + VAT per delegate for 3 days training, certificate of completion, handbook, and a complimentary copy of two books of their choice from the *Starving the Gremlin* series or the *Banish the Thief* series by Kate Collins-Donnelly.

In-house: Also available in-house for a group of staff from one school or across a family of schools. Prices available on request.