

Mental Health Awareness in Educational Settings

Training for all staff members throughout an educational environment

A 4-hour CPD for whole-staff in an educational setting that can be provided both in-person or online.

Created, and solely owned by Mind Your Health, this course provides an opportunity for every employee of a school to come together and explore mental health.

We combine content from Mental Health First Aid, Safeguarding, Suicide First Aid, Counselling Skills and Eating Disorder Awareness that results in this unique piece of training.

Knowledge learnt and explored over the day is applicable to children, young people and adults in an educational setting.



Delegates cover the following modules:

- What is mental health?
- Mental Health Continuum
- Anxiety & PTSD
- Depression
- Potential Risk Factors
- Stigma
- Roles & Responsibilities
- Blocks to listening
- Promoting healthy boundaries
- Active listening
- Promoting Positive Mental Health Culture in the Workplace
- Self-care

Course delivery

A perfect provision for a school Inset or Professional Development Day, we encourage every adult member of an educational setting to attend – regardless of job role or position.

The delivery is an informative workshop, combining brief seminars with multiple group activities, discussions and even a friendly competition!

Our instructors have backgrounds in education, combining this with current roles as psychotherapists or life-coaches.



✓ 4 hours

✓ In-person or online delivery

✓ Whole-staff

For further information or to book, please contact George Peterkin at:

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mind your health

Mental Health First Aid • Suicide First Aid • Safeguarding • Mental Health Warrior® Awareness