



mind your health

Senior Mental Health Lead in International Settings

Develop a whole-school approach to mental health and wellbeing

Mind Your Health is proud to offer a unique, vital, piece of training to those in educational institutions.

The Senior Mental Health Lead in International Settings will equip delegates with the knowledge, awareness and skills necessary to develop a whole-school approach to mental health and wellbeing.

Delegates will be able to embed positive mental health in their school,
which will allow all members of the school to thrive.

As an open-course, accessible to professionals from all educational systems around
the world, delegates will be able to share best practice with their fellow peers.

These diverse experiences will enrich the learning for each and every delegate.

About the trainer

Hayley Wilson, *DSL and Deputy Head of Senior School (Pastoral, Community and Wellbeing)* at Kellett will be leading this course.



Hayley brings in a wealth of experience in the international educational sector, along with a combination of mental health-focused training; such as Level 2 and 3 Counselling Certificates, MHFA, SFA and most importantly an MA in Leadership of Whole School Mental Health and Wellbeing.

Course delivery & key information

- ⚙ 8 sessions of 2.5 hours
- ⚙ Delivered via Zoom
- ⚙ Each session represents one of the eight principles to promote a whole school approach to mental health and wellbeing
- ⚙ Handbook with resources and applicable information
- ⚙ International accreditation
- ⚙ One one-to-one consultation with you and your school post-training

Each delegate
receives a
workbook &
certificate



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

✉ george@mindyourhealthltd.com

🌐 mindyourhealthltd.com



mind your health

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

As briefly mentioned, the course will be broken into 8 sessions with each focusing on a separate principle that enables us to promote a whole school approach to mental health and wellbeing.



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

✉ george@mindyourhealthltd.com

🌐 mindyourhealthltd.com



mind your health

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