

Primary Mental Health Service

The Primary Mental Health Service are providing **FREE Mental Health Workshops** for professionals in Coventry. These workshops will address three key areas of child and adolescent mental health, including **Mood**, **Attachment**, and **Self-Harm**.

They will run throughout the 2018-2019 academic year, as follows:

Mood 9am-1pm	
2018	Tues 11 Sept (BG)
	Tues 2nd Oct (P)
	Tues 6th Nov (P)
	Tues 4th Dec (P)
2019	Tues 15th Jan (P)
	Tues 5th Feb (P)
	Tues 5th Mar (P)
	Tues 2nd April (P)
	Tues 7th May (P)
	Tues 4th June (P)
	Tues 2nd July (P)

Attachment 9am-1pm	
2018	Tues 18th Sept (P)
	Tues 9th Oct (CC)
	Tues 13th Nov (BG)
	Tues 11th Dec (CC)
	Tues 22nd Jan (P)
2019	Tues 12th Feb (BG)
	Tues 12th Mar (BG)
	Tues 9th April (P)
	Tues 14th May (P)
	Tues 11th June (P)

Self-Harm 9am-12noon Level 1 & Level 2	
2018	Tues 25th Sep (1) (CC)
	Tues 16th Oct (1) (P)
	Tues 30th Oct (2) (P)
	Tues 20th Nov (1) (P)
	Tues 27th Nov (2) (CC)
2019	Tues 29th Jan (1) (P)
	Tues 26th Feb (2) (P)
	Tues 19th Mar (1) (P)
	Tues 26th Mar (2) (P)
	Tues 21st May (1) (P)
	Tues 18th June (1) (P)
	Tues 25th June (2) (P)

BG = Bell Green Family Hub, Roseberry Avenue, Bell Green, Coventry, CV2 1NE

P = Paybody Building, behind City of Coventry Health Centre, 2 Stoney Stanton Road, Coventry, CV1 4FS

CC = Caludon Centre, Clifford Bridge Road, Coventry, CV2 2TE

Places on the workshops are subject to availability.
To book your place on a workshop or request a bespoke training session
please email Coventry.PMHS@covwarkpt.nhs.uk
(You will then receive a booking form to complete and return)

In partnership with:



Coventry and
Warwickshire



Primary Mental Health Service

Workshop objectives:

Mood

- To consider the definitions of anxiety and depression
- Explore the physical symptoms of anxiety and depression - what do they look like? What are the warning signs?
- To consider how anxiety and depression develop and are maintained over time
- To consider strategies you can use to support a child or adolescent with a mood related disorder
- Understand when & how to access specialist services in relation to anxiety and depression

Attachment

- To provide an overview of attachment
- To highlight the difference between attachment difficulties and attachment disorders
- To discuss the consequences of maltreatment, including trauma
- Explore how attachment difficulties impact upon learning, education and social development
- Strategies for working with CYP
- To discuss support available for signposting CYP

Self Harm

- To develop knowledge and understanding of self-harm behaviour in young people
- To explore the reasons why young people self-harm.
- To understand how to respond to a disclosure.
- To explore alternative coping strategies for reducing self-harm behaviour.
- To identify support available for CYP and when to refer on.

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