

IMPROVING YOUTH MENTAL HEALTH

We are now offering our adult learning course "Improving Youth Mental Health" across Cheshire East for free!

Thursday 24th September

Poynton Civic Hall, Park Ln, Poynton,

Stockport SK12 1RB

Doors Open 5:30 - Sessions starts 6pm ~ 9pm



This training is aimed at learners aged 18+ who are focused on positive outcomes and support for young people aged up to 25, such as school/college staff, youth workers and social workers, family help teams, community and voluntary sector practitioners, as well as parents and carers.

THE COURSE:

The **Improving Youth Mental Health** course is delivered over 4 hours and enables adults to improve young people's emotional resilience and mental wellbeing. It explores confidence-building strategies, helping learners recognise strengths and positive self-image.

Participants will gain an understanding of anxiety, its causes, signs and effects, plus practical techniques to minimise (i.e. breathing exercises/ grounding methods). The course promotes self-care routines, including sleep hygiene, healthy boundaries and mindfulness. Interactive activities and reflections provide learners with tools to recognise and manage stress and anxiety (including when to seek help), boost self-esteem and support mental wellbeing long-term.

Learners are signposted to additional support networks and digital tools during and on exit from the course.

The training follows the NHS-approved 5 Ways to Wellbeing strategy/advice.

WANT TO HOST A SESSION?

We can also offer this free course, delivered at your own venue! If you would like to host this session directly for your group or community, please contact us directly to discuss. Availability is limited, and it is strictly first come, first served.

Eligibility rules apply:

Aged 18+ and Cheshire East Resident

COURSE CONTENT:

- Breaking myths & stigma
- Self-esteem & confidence
- Anxiety & stress
- Burnout & mental fatigue
- Depression/low mood
- Self care - grounding, mindfulness & meditation, breathing techniques, connection, thinking & learning, exercise & activity, community connectors (5 ways to Wellbeing)



**BOOK NOW BY SCANNING ABOVE
OR CONTACTING BELOW:**



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