

SAMH Workshops

Children's mental health and wellbeing

SAMH deliver in-person and online workshops around children and young people's mental health and wellbeing, with workshops specifically designed if delivery to children, young people, staff, volunteers or parents/carers.

Workshops include:

- Mental health awareness
- Understanding & managing stress & anxiety
- Managing my wellbeing
- Understanding male mental health
- Understanding and managing study & exam stress
- Listening to & supporting my child (parents only)
- Understanding & supporting self harm in young people (staff only)
- Understanding & supporting eating problems in young people (staff only)
- Introduction to youth suicide prevention (staff only)
- Mental health youth peer supporters (8 hour training)
- ASK (Assessing Suicide in Kids) (2 half days) (staff only)

"I learned how to deal with stress, which helps a lot as I'm going to high school..."



"It was interactive and really accessible. The trainer was great at giving us the time and space to ask questions and share best practice."

All workshops are 90 minutes unless otherwise stated.

Prices start at £300 per session, plus VAT.

Workshops can be delivered to up to 16 individuals, but are also adaptable to a full class of pupils.

For more information
email Jo Aitken at
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