

MENTAL HEALTH IN SCHOOLS TEAM EDUCATION STAFF



MODULES



OCTOBER

Supporting young people with low mood

Key Stage 3, 4 and College

19/10/22
15:30-17:00

Supporting a young person with Anxiety

Key stage 1 and 2

11/10/22
15:30-17:00

OCTOBER

Supporting young people with worry management

Key stage 3,4 and College

18/10/22
15:30-17:00

SEND and Mental Health workshop

Available to all Key stages

13/10/22
15:30-17:00

NOVEMBER

Supporting young people with social anxiety

Key Stage 3, 4 and College

22/11/22
15:30-17:00

Managing strong emotions in the classroom

Key stage 1 and 2

23/11/22
15:30-17:00

How to talk to a child about mental health

Key stage 1 and 2

29/11/21
15:30-17:00

DECEMBER

Education Staff wellbeing workshop

7/12/22
15:30-17:00

Supporting young people with Panic

Key Stage 3, 4 and College

8/12/22
15:30-17:00

JANUARY

Improving wellbeing in the classroom

KS1 & 2

16/1/23
15:30-17:00

Supporting young people with OCD

All

18/1/23
15:30-17:00

FEBRUARY

Supporting young people with exam stress

Key Stage 3, 4 and College

22/2/23
15:30-17:00

Supporting young people with exam stress

Key stage 1 and 2

23/2/23
15:30-17:00

MENTAL HEALTH IN SCHOOLS TEAM

EDUCATION STAFF

MODULES CONTINUED...



MARCH

Supporting young people with worry management

15/3/23
15:30-17:00

Key Stage 1 & 2

Male Mental Health Workshop

21/3/23
15:30-17:00

Ks4 & College

APRIL

Improving wellbeing in children in the classroom

13/4/23
15:30-17:00

Key stage 1 & 2

Supporting KS2 & 3 transitions

27/4/23
15:30-17:00

Key stage 1 & 2

MAY

Supporting young people with low mood

15/5/23
15:30-17:00

Key Stage 3, 4 and College

Managing strong emotions in the classroom

17/5/23
15:30-17:00

Key stage 1 and 2

JUNE

SEND and Mental health workshop

7/6/23
15:30-17:00

ALL

Education Staff wellbeing workshop

8/6/22
15:30-17:00

ALL

HOW TO SIGN UP

These modules will be provided online via Microsoft teams. To sign up, please email snhs.SouthamptonMHST@nhs.net with the module title, Name and School and we will send you the Microsoft Teams Link.

