

# CHILD MENTAL HEALTH TRAINING

COURSE CONTENT OVERVIEW

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This Child Mental Health Training course gives you the knowledge you need to help and support a child who's struggling. It explains common child mental health problems, how to recognise them, and how to respond to them.

By taking this course, you will be confident in helping a child who's struggling and taking steps to promote their happiness.

### **Module One: Introduction to Child Mental Health**

This module offers an introduction to child mental health by defining mental health and mental ill-health and explaining common causes.

- What is mental health?
- What is mental ill-health?
- Potential causes
- Risk factors
- Being online
- Promoting positive mental health
- Common myths

### **Module Two: Common Mental Health Problems**

This module explains some common mental health problems and how to recognise them.

- Common mental health problems
- Signs and symptoms
- Anxiety disorder
- Post traumatic stress disorder
- Attention deficit hyperactivity disorder
- Bipolar disorder
- Conduct disorder

### **Module Three: Further Common Mental Health Problems**

This module covers further common mental health problems and their signs and symptoms.

- Depression
- Eating disorders
- Psychosis
- Schizophrenia
- Suicidal ideation
- Self-harm

### **Module Four: Help and Support**

This module details how you can help a child who is struggling and how you should approach the topic. It also explains common forms of therapy.

- Knowing when to help
- Talking about mental health
- Responding in a crisis
- Diagnosis
- Types of therapy
- Cognitive behavioural therapy
- Emotion focused therapy
- Mindfulness therapies
- Play therapy
- Assisting the therapy

### **Module Five: Promoting Positive Mental Health**

This module explains how to promote positive mental health and methods for doing so.

- How should schools promote mental health?
- Policies and procedures
- Promoting positive mental health in schools
- Promoting positive mental health
- Communicating with parents

## Aims of the Training

Upon completion of this course, you will:

- Understand the common mental health problems that children and young people face, and the impact they can cause.
- Know the common signs of mental health problems in children and understand the factors that are likely to increase the risk of a child developing a mental health problem.
- Understand the impact external factors, such as social media, can have on a child's mental health, and how to promote positive mental health in your environment.
- Develop the skills needed to broach sensitive subjects with children and young people and be aware of the role you have in supporting positive mental health.
- Know what actions to take when you consider a child to be at risk of a mental health problem.
- Understand the interventions that organisations can introduce to help improve a child's mental health, including the benefits of play therapy.