

COURSE CONTENT OVERVIEW

# COVID-19 and Child Mental Health



The COVID-19 pandemic has completely disrupted normal life and added the element of danger to simple everyday activities. A natural consequence of this is that many children and young people are facing uncertainty, worry, anxiety, and issues with their mental health. If you work with - or around - children and young people, it's important that you are aware of the difficulties they may be experiencing, and of how you could help them.

This course will give you an understanding of the effects that the pandemic is having on children's mental health, outline the risks to children, and explain how to support children whom you have concerns about. It also includes practical tips for talking about the pandemic and helping children going through bereavement.

### **Module One - Covid-19 and Child Mental Health Training**

This module covers the following topics:

- Effects of COVID-19 on a child's mental health
- COVID-19 risks to children
- Mental health conditions and COVID-19
- Spotting the signs
- Returning to school
- Readjusting to school
- Responding to mental health concerns
- Bereavement

*Please note - this is a short course and only consists of one module.*

## Aims of the training

By the end of this course, you will:

- Understand the risks of COVID-19 in relation to children and young people.
- Be able to recognise the signs that COVID-19 is causing mental health issues.
- Be able to respond to any concerns you have about a child's mental health.
- Understand the difficulties children may face when returning to school after a lockdown.
- Know practical strategies to help children readjust to 'normal' life.
- Know what you should do to help a bereaved child return to school.