

Mental Health Roadshow

Building resilience and supporting emotional wellbeing amongst students

A series of interactive and practical twilight training sessions – free for Optimus Education members!

26th September 2016 – Oldham
29th September 2016 – Northumberland

In partnership with the Charlie Waller Memorial Trust

Raising awareness fighting depression



14:00 – 15:00	Hands-on resilience-building session with students from partner school
15:00 – 15:30	Registration and networking – meet fellow schools and discuss common, local challenges surrounding mental health and wellbeing
15:30 – 16:20 Session 1: Resilience	Easy-to-implement methods to support students in building resilience and avoid developing unhealthy coping mechanisms <i>Dr Pooky Knightsmith, Director: Children Young People & Schools Programme, Charlie Waller Memorial Trust</i>
16:20 – 17:10 Session 2: Self-harm	Immediate strategies to respond to cases of self-harm: Get to the root of the problem to provide informed and appropriate support on an individual level <i>Dr Pooky Knightsmith, Director: Children Young People & Schools Programme, Charlie Waller Memorial Trust</i>
17:10 – 17:40	Light refreshments and networking – build your support network and share what has been working well in your school
17:40 – 18:30 Session 3: Teaching Mental Health	Teaching about mental health: Know how to safely and sensitively talk to students about mental health and build this into your PSHE curriculum <i>Dr Pooky Knightsmith, Director: Children Young People & Schools Programme, Charlie Waller Memorial Trust</i>
18:30 – 19:00	Networking and close of session