



**Open Minds**  
For Children and Young People in Calderdale

# Understanding Children and Young People's Emotional Health and Wellbeing



# A training package for all staff and students in primary and secondary schools.

An exciting new joint offer between CAMHS and Healthy Minds gives all Calderdale schools access to **free workshops** for staff and students. Based on the THRIVE approach, which brings together services to address children and young people's overall wellbeing, workshops can be tailored to suit your school. Ideally schools would receive training for staff and students, to achieve maximum impact. We understand that the needs of schools differ and are happy to support you with training whether this is for staff, students or both.

## Workshops for staff

Delivered by Northpoint Wellbeing CAMHS, there are four core workshops, ideal for the "twilight" slot or CPD days:

- Introduction to mental health in children and young people
- Depression in children and young people
- Anxiety in children and young people
- Self-harm in children and young people

### CONTACT INFORMATION

This offer is available for all staff in Primary and Secondary schools. For more information or to negotiate a bespoke training package for your staff, contact Aismah Zabair or Phoebe Beevers at Northpoint Wellbeing on

- [training@calderdalecamhs.org.uk](mailto:training@calderdalecamhs.org.uk)

## Workshops for students

Delivered by Healthy Minds, these are fun, interactive workshops co-delivered with a volunteer who can talk about their own experience of mental health. This training works from the premise that all of us are on the mental health continuum and that mental health is everyone's business. Some of our workshop topics include:

- Introduction to mental health
- Stress
- Self-harm
- Bullying
- Screen time
- Drugs and mental health

### CONTACT INFORMATION

For more information or to negotiate a bespoke training package for your students contact Tara Guha at Healthy Minds on

- [tara@healthymindscalderdale.co.uk](mailto:tara@healthymindscalderdale.co.uk)
- 01422 345154



