

CARER TRAINING & EDUCATION

Supporting Children with Mental Health Issues



Supporting Children With Mental Health Issues

With the prevalence of mental health issues in young people ever increasing it is highly likely that carers will have children and young people in their care who are affected by mental illness. This course aims to equip carers with the knowledge and skills to support a child or young person with mental health issues while in their care.

Each person who has a mental health issue is unique and all of the tools and techniques taught may not work for all young people. This course gives an overview of tools that are most likely to work. Carers are encouraged to engage in discussion with the child or young person to work with them to build a tool box of strategies and techniques that work for that individual.

WARNING

Sensitive topics such as self injury, suicide and crisis intervention may be discussed during this course. If you feel you may be triggered by these topics please contact Wendy on 0452 117 660 or email wendy@fostercareangels.org.au

The course will provide carers with opportunities to learn:

- Tools, techniques and strategies to support young people with issues such as anxiety, depression, self injury;
- Signs that a child or young person is struggling to manage their symptoms;
- Ways to work with an individual to create a mental health tool box;
- Non-direct ways individuals may communicate they are struggling; and
- Tools to help carers remain calm when under stress and pressure.

FURTHER INFORMATION

Location:

Courses can be delivered at various locations within New South Wales.

Time and Dates:

Refer to training calendar

Cost:

\$225 pp Day Program (inc Refreshments & Lunch)

Bookings:

Call 02 9899 6006 or 0452 117 660

or email: wendy@fostercareangels.org.au



Foster Care Angels