If you are feeling concerned about mental health issues presenting in children and young people due to the pandemic we have put lots of guidance/resources on our [Mental Health Info Point](https://www3.halton.gov.uk/Pages/health/hit/live/mentalhealth/mental-health-signpost.aspx): as well as online training:

Children and Young Peoples Mental Health Awareness Training

**1 ½ Hours**

This training will provide you with an understanding of what Mental Health is and will look at conditions that can impact on children and young people’s mental health. The training also provides resources that promote positive mental health through building resilience and wellbeing.

Dates

**31st Jan at 15:30-17:00**

**1st March at 15:30-17:00**

To book on please email [HIT@halton.gov.uk](mailto:HIT@halton.gov.uk)

Self-Harm Training

**1 ½ Hours**

This training will provided you with an understanding of self-harm including why young people self-harm, risk factors to look out for and tips for talking about self-harm and support available.

Dates

**24th Jan 15:30-17:00**

**7th March 15:30-17:00**

Resilience Framework Workshop

**45 minutes**

This workshopwill look at different ways we can support a young person to be more resilient. It will cover examples of how teaching staff have used the ‘Boing Boing’ framework and will highlight practical tools and approaches that can be used to contribute to building resilience with children when times are especially tough.

Dates

**09th Feb 15:30-16:15**

**21st March 15:30-16:15**

To book on please email [HIT@halton.gov.uk](mailto:HIT@halton.gov.uk)