



LEVEL 2

CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH

with



ABOUT THE COURSE

What does the course involve? This course is designed to give you a strong foundation in understanding mental health issues affecting children and young people today. With an additional focus on Behaviour That Challenges, the course equips you with practical knowledge you can use in real-life settings. Throughout the course, you will explore:

- An introduction to children and young people's mental health
- Common mental health conditions affecting children and young people
- Factors that can impact mental health and emotional wellbeing
- How mental health difficulties may present through behaviour
- Behaviour that challenges – understanding causes, triggers, and responses
- The importance of early intervention and supportive approaches
- How to promote positive mental health and resilience
- Roles, responsibilities, and boundaries when supporting young people

Are you eligible? Our courses are free/fully-funded for those aged 19+ who are unemployed, not in education or training, or employed and earning less than £25,000 per year.

How long does the course run?

The course runs for 12 weeks in the evenings.

Why learn with us? We deliver flexible, online and classroom-based courses to suit your needs. We are well-placed to deliver specialist support; breaking down barriers to learning and helping you gain new skills.

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Contact us

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