



Mental Health in Schools Conference

Free Event for School Staff

Wednesday 30th October 2019 at 2-4pm

Lostock Hall Academy, Todd Lane North PR5 5UR

This conference is being held as a way of bringing together school and college staff to share good practice and resources used to support children and young people's emotional health and wellbeing.

The conference will be held by Charlotte Lowe and Sam Tyrer, two mental health professionals who specialise in supporting pupil's mental health within an educational context as well as working in partnership with Lancashire Mind. Both facilitators have experience of working within a health setting and are fully aware of the current difficulties faced by Child and Adolescent Mental Health Services (CAMHS).

To help reduce the pressure faced by school staff the conference aims to:

- Share the good practice taking place within many schools and colleges.
- Outline a whole-school approach to supporting children and young people's mental health.
- Discuss ways to promote early intervention and prevention in young people, focusing on key strategies schools can use to build resilience.
- Provide useful resources to support pupil's mental health and understand where to signpost young people to further support.
- Promote staff wellbeing and explore ways school staff can promote positive mental health in themselves.
- Have an opportunity to hear from young people directly about what support works well for them in school.

To register for your free place at the conference please contact admin@lostockhallacademy.org

** Please note that non-attendance at the conference following registration will result in a £20 charge.*