

# Children and Young People Digital Mental Health Training

**FREE TO ATTEND!**

## Course Description

Children and Young People (CYP) Digital Mental Health training will provide clinicians and practitioners with the skills to be able to confidently signpost CYP to Mental Health apps designed for young people that could be used as a tool to support them with their mental health and wellbeing. It also aims to increase understanding and knowledge of the different recommended apps as well as the different benefits of each app. These apps could be a particularly helpful solution for CYP who are waiting for a CAMHS appointment and need some support during their waiting time. The training will also utilise techniques to enable clinicians and practitioners be able to then embed the learning in their organisation to ensure greater impact and benefits.

## Three Things You Will Leave With

- Confidence in signposting CYP to digital apps that could be used as a supportive tool for their mental health and emotional wellbeing.
- An understanding of using apps in general, including downloading, installing, limitations and implications for privacy.
- 3 key points to share with your organisation to help embed the training within your organisation.

## Target Audience

The course is open to Primary Community and Social Care colleagues who have one to one engagement with young people who need support with their mental health and emotional wellbeing including;

General Practitioners  
General Practice Nurses  
Community Pharmacists  
Dentists  
Youth Support Workers  
Staff within the Voluntary & Community Organisations  
SEN School Leads  
YOS Health Team Workers  
Children's Social Work Team Members  
CAMHS Team Members

## Date and Location

VENUE	DATE	TIME	REGISTRATION LINKS
Clerkenwell Room The Laycock Centre, Laycock Street, London N1 1TH	Thursday, 22nd March	14:00 - 16:00	<a href="#">REGISTER</a>
Committee Room 1 1st Floor, Islington Town Hall Upper St, Islington N1 2UD	Thursday, 29th March	14:00 - 16:00	<a href="#">REGISTER</a>