Training for Trainers

This training focuses on the importance of beginning the conversation around mental health in your school or youth setting. Talking about mental health helps to break down the stigma and discrimination surrounding it, meaning that the young people you work with feel more able to share if they’re struggling.

The session includes:

- Brief overview of mental health awareness
- Youth mental health facts and figures
- Understanding the Mental Health Continuum
- Common mental health issues affecting young people
- Story-telling from a young person with lived experience of mental health problems, about their experience of stigma and discrimination (if available)
- Focus on why it’s important to address stigma
- What are the challenges to beginning conversations in your organisation
- Brief tour of downloadable Time to Change resources for challenging stigma and discrimination, including our ‘In Your Corner’ campaign
- Action planning – a brief section whereby participants can start to think about how to take the content discussed forward in their school / youth setting

We hope that after attending this training, teachers and other youth professionals are able to take what they’ve learnt and continue their action planning to improve attitudes and behaviours towards mental health in their workplaces.