

## Supporting our Suffolk Schools with Mental Health September 2023 PD Workshops



**These free virtual workshops (Zoom) are designed to provide up to date training and guidance for school staff on supporting children and young people's wellbeing. The workshops are 60 minutes long and are suitable for children of all ages.**

### **Social Media and the Impact on our Teenagers' Mental Health (NEW)**

This workshop increases understanding of how the use of social media might be associated with mental health difficulties, including anxiety, low mood, self-harm and body image. It also explores the world of our young people to offer a balanced perspective to the challenge of supporting our young people in this area. This workshop will provide some top tips on how school staff can respond to these challenges.

**Tuesday 5<sup>th</sup> September 11.30 – [Book here](#)**

### **Supporting our Students with Emotional Regulation**

This workshop is aimed at all staff who encounter pupils who struggle with their emotions, relationships or stress. The session will start by considering the function of emotions and what can impact on a child's ability to regulate them. It will then go on to focus on how staff can effectively support a child to cope better with their difficult emotions, drawing on key concepts to guide staff and providing specific skills which can be shared with students and their parents/carers.

**Monday 4<sup>th</sup> September 11.00 – [Book here](#)**

**Tuesday 5<sup>th</sup> September 13:00 – [Book here](#)**



### **Supporting our Students with Separation Anxiety**

This workshop is aimed at staff members working in schools to support them in developing an understanding of the role of separation anxiety in emotion-based avoidance and other behaviours, displayed within a school context. Schools are in a valuable position to support young people presenting with separation anxiety however we know that staff will be wanting to know further what they can do to support these students. Therefore, this workshop aims to provide information on what school staff can do to support students who present with separation anxiety, including supporting them to get back to school if they are currently avoiding it as well as supporting them when coming into school and when in the school environment. Key resources will also be shared as well as a consideration on how school staff can work with both students and their parents/carers.

**Monday 4<sup>th</sup> September 14:00 - [Book here](#)**

**Tuesday 5<sup>th</sup> September 10.00 - [Book here](#)**

Working together  
for better mental health

