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## **Mental Health Training for Christians supporting young people**

Now, more than ever, we need to be well prepared to support young people emotionally and spiritually. Record numbers of young people are being diagnosed with serious mental health conditions, are struggling with their emotions and need well-informed support. The NHS and other services are overstretched.

Now is the time for church pastors, youth and children's workers and parents to learn to support young people, gaining up-to-date knowledge, and honing their skills so that we can do this well.

Wearside Youth for Christ have teamed up with Dave Burke – a local pastor and accredited Mental Health First Aid instructor – to offer seven hours of training, spread over three sessions, to help us meet these challenges.

People who do the course will:

- Discover what the bible says about mental health and wellbeing
- Learn how Christian spiritual life can enhance mental health
- Gain a certificate in Mental Health Awareness accredited by Mental Health first Aid England

You will also receive training to lead Well Kidz – a course developed by Wearside Youth for Christ. They are currently using this course in schools and are encouraging churches and

youth and children's workers to use this course with their own churches young people as the skills are transferrable. It aims to promote mental health and well-being for young people by developing building blocks to allow them to manage their emotions, feelings and circumstances in a positive way.

We are asking delegates for £40.00 to cover the cost of the courses. This will include printed materials and resources and a really excellent reference manual from Mental Health First Aid England.

## How do you sign up?

Choose from the available dates below and register via the Connect website: [www.connectnetwork.uk/mentalhealthtrainingregistration](http://www.connectnetwork.uk/mentalhealthtrainingregistration)

### **Mental Health First Aid training**

Session 1- Saturday 21<sup>st</sup> November -9.30am- 12 noon

Session 2- Saturday 28<sup>th</sup> November-9.30am- 12 noon

### **Wearside Youth for Church**

Well Kidz- Saturday 5<sup>th</sup> December -10am-12 noon

## OR

### **Mental Health First Aid training**

Session 1- Monday 23<sup>rd</sup> November-9.30am- 12 noon

Session 2- Monday 30<sup>th</sup> November-9.30am- 12 noon

### **Wearside Youth for Christ**

Well Kidz- Monday 7<sup>th</sup> December- 10am-12 noon

