

Supporting Suffolk schools with mental health September PD Workshops

These free virtual workshops (Zoom) are designed to provide up to date training and guidance for school staff on supporting their own, and young people's wellbeing. The workshops are 60-minutes long; titles marked with an R will be recorded if staff are unable to attend.

Supporting students who self-harm (R)

01 September – 14:00 [Book a place](#)

This workshop aims to support staff in developing an understanding of what is meant by self-harm and why self-harm happens. It will provide information on what schools can do to help support young people who self-harm and give information and resources that may be helpful to share with young people and parents.

Supporting wellbeing in the new academic year, and service updates from NSFT

01 September – 15:00 [Book a place for 15:00](#)

02 September – 10:00 and 14:00 [Book a place for 10:00](#) [Book a place for 14:00](#)

This workshop is particularly aimed at staff members who work within the pastoral or SEND departments. It will address the importance of staff self-care and consider systems and practice which can help maintain staff wellbeing as the term takes hold. It will also look at student wellbeing - the current context and factors to be aware of when monitoring wellbeing. Lastly, it will give an update on current local children and young people's mental health services along with an overview of what is available.

Trauma in the light of young people seeking refuge (R)

02 September – 12:00 [Book a place](#)

Sadly, we are in a context where young people and their families are having to flee their country for their own safety. Schools are in a valuable position to offer these students a sense of safety and community, however we know that staff will be wanting to know what they can do to support these students. This workshop aims to provide an understanding of the issues faced by young people who have sought refuge in the UK and the impact of these traumatic experiences. It will identify ways that school staff can work with these students in order to support their wellbeing and will provide relevant information and resources.

**Scan the QR code to see our other workshops or visit
www.eventbrite.co.uk and search for Psychology in
Schools Team - NSFT**

