

# Mental health workshop for teachers

- Date:** February - to be confirmed
- Timing:** Evening (2 hour CPD course for Teachers)
- Location:** Classroom Limited, Langham House, Regent Street. London
- Attendees:** All teachers and education professionals who would benefit from developing a greater sense of awareness about how mental health affects children and adolescents in schools.
- Tutor:** Jamie Wong

## Aims of workshop:

To promote mental health awareness in schools, provide teachers a greater sense of awareness about how mental health affects children and adolescents in schools, and to encourage teachers to assess and evaluate their own mental health in the workplace, and share/promote ways to manage stress effectively.

## What is Mental Health?

- Mental health vs. mental illness  
(Definitions, examples, facts/statistics in the UK)
- Misconceptions of mental illness  
(Stereotypes and prejudices, understanding how current public attitudes and lack of awareness perpetuate myths of mental illness)
- Psychosocial approach to mental health  
(Family, friends, local community // gender, culture, SES)

## Children & Adolescents' Mental Health

- Psychosocial risk factors that affect children & adolescents' mental health
- Mental health concerns
- Child Protection

## Teachers' Mental Health

- Teacher's mental health and well-being in the workplace
- Group dynamics
- Self-assessment/self-help

## Message from the Facilitator:

"I believe teachers need access to mental health training, and I hope that this workshop will promote awareness and greater knowledge in mental health. In addition to providing factual information, I want this workshop to offer teachers a reflection space to think about their own mental health especially when working in schools."