Psychological Perspectives in Education and Primary Care training (PPEPCare)

Training in child and young person mental health

What is PPEPCare training?

We would like to invite you to attend some free training sessions delivered by Wokingham Mental Health Support Team. This opportunity is available to anyone who works within the school environment supporting young people on a daily basis. No prior specific knowledge or training is required.

PPEPCare has been designed to help staff in education, and other professionals (e.g. primary care staff), to recognise and understand mental health difficulties in children and young people. It enables people to offer appropriate support and guidance to young people and their families using psycho-education and evidenced psychological techniques such as using a cognitive behavioural framework.

It is not designed to turn staff into psychological therapists. However, it does provide development opportunities for staff to enhance their understanding, confidence and skills when working with young people. The courses aim to help staff identify mental health issues and provide and/or signpost young people to other sources of support.

**Please see upcoming dates:**

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| --- | --- | --- | --- |
| **Name of Course** | **Date** | **Time** | **Delivered on** |
| Self-Harm | 9th January | 15.45 – 17.00 | MS Teams |
| OCD | 16th January | 15.45 – 17.00 | MS Teams |

**How to book your place:**

Please email [mhstadmin@wokingham.gov.uk](mailto:mhstadmin@wokingham.gov.uk) if you have any questions or to book your place on a course(s). Please indicate clearly which course(s) you would like to attend, your job role and the school you are currently working for. You will then be sent the link(s) to attend your chosen session(s).

Please note these courses will be held on Microsoft Teams.