

Returning to School after COVID-19 - Mental Health Support

Online Training in partnership with [Elemental Health](#)

Course Location: **Online, United Kingdom**

Instructor: **Bath Mind Trainer and Elemental Health Director Angela McMillan**

Course Overview:

- Brief overview of mental health, lockdown statistics and looking at who might be at risk of experiencing difficulties
- Transitions and supporting transitions. Practical strategies in the home and in school that can help prepare young people for the return
- Understanding anxiety, worries and fears
- Presentations to look out for
- Practical strategies to be implemented in school and at home to reduce symptoms
- Trauma, what it is, how it happens, common presentations and strategies to support in the classroom
- The brain; The neuroscience of trauma and stress
- Supporting bereavement and loss
- Staff wellbeing

Takeaways

The course also comes with a 33-page resource pack which comes from thousands of hours counselling young people and adults. Everything is based on the latest neuroscience and are strategies that are used daily in therapeutic work and known to be effective.

Format

- Length: 3.5 hours (with stretch breaks and a 15-minute mid-break)
- There are two versions - one for primary age and one for senior school
- Delivered for up to 25 people via Google Meets

For more information and to book a course contact Hannah Roper, Head of Business Development at Bath Mind: hannahroper@bathmind.org.uk or 01225 617981