

HELPING YOUNG PEOPLE OVERCOME ANXIETY

MENTAL HEALTH AWARENESS
TRAINING AND PHSE
SESSIONS FOR SCHOOLS

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ABOUT ELEMENTAL HEALTH

We have made it our mission to help young people overcome their anxiety. Whether it's their worries about body image, fears about mental health problems or living with a diagnosis.

We do this by giving the adults in their lives knowledge, tools and evidence-based strategies that make a lasting difference. We don't believe in box-ticking!

We offer comprehensive training and support services that focus on prevention and early intervention.

We aim to reduce YOUR stress, anxiety and overwhelm as well as that of your students.

We provide ongoing post-session support, including 1-1 implementation sessions, coaching, further assessments and advice. You also have exclusive access to our online community where you can meet with other like-minded professionals who share your passion for helping young people thrive. All of our sessions meet curriculum guidelines, and a percentage of all session fees go to **local charity, Bath Mind**.



Ange McMillan



Gemma David



Lottie Storey



Shirish Kulkarni



Esther Durrant

ABOUT OUR FOUNDER: ANGELA MCMILLAN



I am an accredited counsellor, Supervisor, Thrive Childhood Years practitioner, NLP Coach and mental health trainer from South Wales. My passion for helping others with their wellbeing and mental health sparked in 2007 when I became a volunteer for Childline. Listening to and supporting people ultimately changed mine, and I found my calling, going on to train and work as a counsellor and youth worker.

In 2015 I founded Elemental Health after realising, throughout my work, that many people felt anxious and worried when having conversations about mental health.

My incredible team develop and deliver training to give school staff and young people the skills and confidence to talk openly about mental health so that they can support others and themselves.

We work with amazing organisations including Great Ormond Street Hospital, Neath Port Talbot Youth Service, YEPS youth service, Carmarthenshire Healthy Schools project, Mind and schools across the world.

I believe that with the right support everyone can reach their full potential.



UNDERSTANDING ANXIOUS THOUGHTS

EARLY YEARS (PRESCHOOL) | 2-4 YEARS

COURSE DURATION: 6 Hours

SESSIONS: One Full Day

ACCREDITATION: CPD Accredited

NO OF ATTENDEES: Min: 12 Max: 25

DELIVERY: ZOOM | TEAMS | IN PERSON

PRICE: £1800

This CPD accredited course is designed to help you gain more knowledge and understanding of anxious thoughts, worries and fears in early years children. This course will equip learners with more knowledge, techniques and practical strategies to better identify and support children and their caregivers.

Ideal for all adults supporting young people. The course comes with a downloadable resource pack, strategy video and follow-up check in to assist with any implementation. By the end of this course, delegates will learn:

MODULE ONE

- What is stress and toxic stress?
- How to reduce stress
- The neuroscience of the anxious brain in early years
- Signs and symptoms of anxiety

MODULE THREE

- Creative, evidence-based trauma-informed strategies

MODULE TWO

- Anxiety and trauma, understanding links and how to help
- Organisational approaches
- Supporting our parents and carers
- Practical signposting

MODULE FOUR

- Your self-care
- Work/life balance



HELPING YOUNG PEOPLE OVERCOME ANXIETY

PRIMARY AND UP | 4-18 YEARS

COURSE DURATION: 6 Hours

SESSIONS: One Full Day

ACCREDITATION: CPD Accredited

NO OF ATTENDEES: Min: 12 Max: 25

DELIVERY: ZOOM | TEAMS | IN PERSON

PRICE: £1800

This CPD accredited course is designed to help you gain more knowledge and understanding of anxiety, anxiety disorders, worries and fears of young people.

This course will equip learners with more knowledge, techniques and practical strategies to better identify and support young people and the adults in their lives.

Ideal for all adults supporting young people. The course comes with a downloadable resource pack, strategy video follow-up consultation and access to our course community to assist with implementation. By the end of this course, delegates will learn -

MODULE ONE

- The difference between stress and anxiety
- How to reduce stress
- Neuroscience of anxiety and anxiety brain myths
- Signs and symptoms of anxiety
- Anxiety in the classroom

MODULE THREE

- Creative, evidence-based trauma-informed strategies

MODULE TWO

- Anxiety and trauma, understanding links and how to help
- How to develop your setting to be trauma-sensitive and trauma-informed
- Listening skills strategies that really work
- Supporting our parents and carers
- Practical signposting

MODULE FOUR

- Your self-care
- Work/life balance



TRAUMA INFORMED MENTAL HEALTH AWARENESS

HALF DAY

COURSE DURATION: 3 hrs

SESSIONS: Half Day

ACCREDITATION: CPD Accredited

NO OF ATTENDEES: Min: 12 Max: 25

DELIVERY: ZOOM | TEAMS | IN PERSON

PRICE: £1800

This CPD accredited awareness course will open safe discussions and reduce the stigma surrounding mental health whilst providing you with an understanding and awareness of mental health. Using trauma-informed strategies this course will equip learners with the knowledge, and strategies to better identify and support those who may be struggling with mental health problems.

This practical introductory course is ideal for adults supporting young people who want to gain a greater understanding of mental health and mental health problems. By the end of this course, delegates will learn -

MODULE ONE

What is mental health?

What is wellbeing?

Signs and symptoms of mental ill-health

Moving away from the label

Listening skills

MODULE TWO

What is trauma?

Stress and worries

Anxiety and anxiety disorders

Depression

Self-harm

Supporting suicidal thoughts

Practical strategies

Where to get professional help



TRAUMA INFORMED MENTAL HEALTH AWARENESS

ONE DAY

COURSE DURATION: 6 Hours

SESSIONS: One Full Day

ACCREDITATION: CPD Accredited

NO OF ATTENDEES: Min: 12 Max: 25

DELIVERY: ZOOM | TEAMS | IN PERSON

PRICE: £1800

This practical course is suitable for any adult supporting a young person who might be experiencing mental health problems. It gives learners practical strategies which are evidence-based, using the latest neuroscience and scientific theory.

Ideal for all adults supporting young people. The course comes with a downloadable resource pack, strategy video and follow-up consultation to assist with implementation. By the end of this course, delegates will learn -

MODULE ONE

- What is mental health?
- What are mental health problems?
- Labels and diagnosis
- Signs and symptoms
- What is trauma and being trauma-informed?

MODULE THREE

- Stress and anxiety
- Signs and symptoms of depression
- Warning signs of suicidal thoughts
- Self-harm
- Eating disorders

MODULE TWO

- Develop listening skills that make a difference
- Learn how creating an inclusive practice can reduce stigma

MODULE FOUR

- Practical strategies to support wellbeing
- Your self-care



BODY POSITIVITY

FOR YOUNG PEOPLE

COURSE DURATION: 6 Hours

SESSIONS: One Full Day

ACCREDITATION: Elemental Health Certified

NO OF ATTENDEES: Min: 12 Max: 25

DELIVERY: ZOOM | TEAMS | IN PERSON

PRICE: £1800

This full-day workshop will provide young people with solution-focused skills, awareness and understanding to be able to challenge and improve their body image perceptions and self-esteem, by implementing evidence-based changes.

This course is ideal for young people year 6 and up who may be affected by body image issues. By the end of this course, delegates will learn -

MODULES

- Mental health and body image
- Eating disorders vs disordered eating
- What is Diet Culture?
- Social media and advertising
- Improving body image
- Body image in school
- What about health? - Six pillars of health
- Helpful resources addressing Body Image and Positivity

ABOUT THE TRAINER

Lottie Storey, is a counsellor, Body Image Specialist and co-host of 'Body Cons' (a podcast exploring body image); she has used her extensive knowledge and experience to create this course to help and empower young people in their journey of Body Positivity.



BODY POSITIVITY

FOR ADULTS WORKING WITH YOUNG PEOPLE

COURSE DURATION: 6 Hours

SESSIONS: One Full Day

ACCREDITATION: Elemental Health Certified

NO OF ATTENDEES: Min: 12 Max: 25

DELIVERY: ZOOM | TEAMS | IN PERSON

PRICE: £1800

This full-day workshop will provide you with knowledge, awareness and understanding of body image issues in Young People, including how to offer guidance around implementing evidence-based changes that will improve young people's body image and self-esteem.

This course is ideal for all adults working with young people as well as parents, carers and family members/friends who want to better support the young people in their lives. By the end of this course, trainees will learn -

MODULES

- Mental health and body image
- Eating disorders vs disordered eating
- What is Diet Culture?
- Social media and advertising
- Improving body image
- Body image in school
- What about health? - Six pillars of health
- Helpful resources addressing Body Image and Positivity

ABOUT THE TRAINER

Lottie Storey, is a counsellor, Body Image Specialist and co-host of 'Body Cons' (a podcast exploring body image); she has used her extensive knowledge and experience to create this course to help others support young people with their Body Positivity.



LISTENING SKILLS

FOR ADULTS WORKING WITH YOUNG PEOPLE

COURSE DURATION: 6 Hours

SESSIONS: One Full Day

ACCREDITATION: Elemental Health Certified

NO OF ATTENDEES: Min: 12 Max: 25

DELIVERY: ZOOM | TEAMS | IN PERSON

PRICE: £1800

This full-day workshop will provide you with practical listening skills straight from the counselling room to help you open up a conversation about mental health

This course is ideal for all adults working with young people as well as parents, carers and family members/friends who want to better support the young people in their lives. By the end of this course, trainees will learn -

MODULES

- How do we communicate?
- Barriers to communication
- What do we bring to the table. Assumptions, values and beliefs.
- Skills in active listening
- Questions and how do we use them?
- Empathy/ sympathy, reflecting and paraphrasing
- Decision Making/Next steps
- Reflecting on practice and self care

ABOUT THE TRAINER

Esther Durrant has worked within therapeutic residential settings, and with Childline as a senior supervisor. She is an integrative counsellor, undertaking an MSC in children and young people's emotional wellbeing and is an associate trainer for the National centre suicide prevention and training.



PHSE SESSIONS

FOR YOUNG PEOPLE YEAR 6 AND UP

COURSE DURATION: 1 hour - 3 hours

SESSIONS: One lesson or half day

ACCREDITATION: Elemental Health Certified

NO OF ATTENDEES: Min: 12 Max: 25

DELIVERY: ZOOM | TEAMS | IN PERSON

PRICE: from £280

Our PHSE sessions meet curriculum guidelines and focus on improving mental health and wellbeing. Written and delivered by expert trainers including mindfulness teachers and counsellors these sessions will give learners developmentally appropriate tools to help them cope better with stress and boost their mood

These sessions are ideal for young people in year 6 - year 13. We know young people are more likely to speak with a friend than an adult in the first instance - these sessions will equip them with basic tools to help them find their calm and encourage help-seeking behaviour. Please state the age of your classes before booking as we tailor-make our programmes and activities to suit your learners.

SESSIONS

Quick wins to wellbeing I stress-busting strategies to boost your mood (1 hour)

Quick wins to wellbeing II mood boosters (1 hour)

Stressbusters (1-3 hrs)

Supporting your anxious friend (3 hours)

Supporting your friend with mental health problems (3 hrs)



BESPOKE TRAINING

FOR YOUR TEAM

COURSE DURATION: 1 hour - 8 hours

SESSIONS: 1-4

ACCREDITATION: Elemental Health Certified

NO OF ATTENDEES: Min: 12 Max: 25

DELIVERY: ZOOM | TEAMS | IN PERSON

PRICE: On request

At Elemental Health we can design and deliver tailor-made mental health training to suit you and your organisations specific needs. Whether it is live or pre-recorded training courses, video resources, guides or hints and tips, we will carefully curate a bespoke training package to engage with your groups learning needs.

The dedicated trainers at Elemental Health Ltd are all qualified and experienced mental health practitioners and trainers with a wealth of knowledge in all areas of mental health. Each of the courses designed and delivered by Elemental Health is done so using practice-based and scientific-based knowledge, evidence and methods. Our trainers themselves are continually expanding their knowledge and skills within the areas of mental health and mental health training. In doing so we can ensure that we are designing and delivering courses that can make a positive difference to those that train with us at Elemental Health.

SOME EXAMPLES OF BESPOKE TRAINING

School mental health workshops - Supporting each other to feel better | Looking after yourself

Helping my Anxious Child


Well-being-focused Classroom Strategies

Stress and Anxiety Coping Techniques

Bite-Sized Video Resources

To talk through your training ideas and needs, please send us an email at contact@ehe.org.uk





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"Angela delivered a phenomenal webinar - the advice given was extremely helpful and she shared some excellent techniques for helping a young person with anxiety. I will be attending more of her sessions as she offers such a wonderful resource! Thank you."

- Ebony

"Thoroughly enjoyed and recommend the Youth Mental Health First Aid course. Content and presentation were superb and delivered in a way that made it relatable to real life. I will definitely be able to utilise the knowledge I have gained. Thankyou Angie."

- Dawn

"Such an interesting course with a great tutor. I learnt so much in many different areas as well as understanding more about my own past struggles. I would definitely recommend this course, particularly if you are working directly with Youth!"

- Nicky

"Angela is a great trainer, I find that she communicates in such a way that I can really relate to what she is saying. The online course I did on Tuesday was brilliant I took so much away from the hour and a half and have really started to put things into practice."

- Alice

"I have just completed my Youth Mental First Aid training. Ange was excellent throughout, she was knowledgeable about all subjects, able to deliver the content in an interesting and engaging way and was sensitive to our needs as learners. I could not recommend Elemental Health more highly!"

- Kirsty

"Excellent ideas for guidance and support for our children."

- Karyn





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Based on 1000's of hours counselling young people with anxiety, stress and worries, and backed up by the latest neuroscience, these courses have been developed with the knowledge that every supportive adult in a young person's life can make the difference to help them thrive.



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