



Mental Health Training for Children



Mini Medics Mental Health is a basic introduction to mental health for children between the ages of 9 and 13, but it can suit children of any age.

The course will provide learners with a basic understanding of mental health, including what mental health means, how it is linked to physical health, what to do if they have a worry and the various ways in which they can look after their mental health.

Course Duration

3 hours dependent on the syllabus you want covered including educational and theoretical teaching sessions.

Syllabus

A range of subjects are covered including:

- Understanding mental health
- Emotions and feelings
- Mental health problems
- Talking about mental health
- Looking after our mental health

Assessment

This is a non-regulated course and attendance is all that is required.

A fun and educational worksheet is available for learners to test their knowledge.

Certification

A certificate of attendance is included to award the learners for their efforts.

Numbers

A maximum of 16 children can be accommodated on this course and ideally, all children should be a minimum of 9 years of age.



Children's own fantastic student pack



- 32-page fully illustrated Mini Medics Mental Health book
- Mini Medics ballpoint pen or pencil set
- A 4-page worksheet with fun and educational activity

