

# SUPPORTING PUPILS WITH MENTAL HEALTH DIFFICULTIES

## Learning Outcomes:

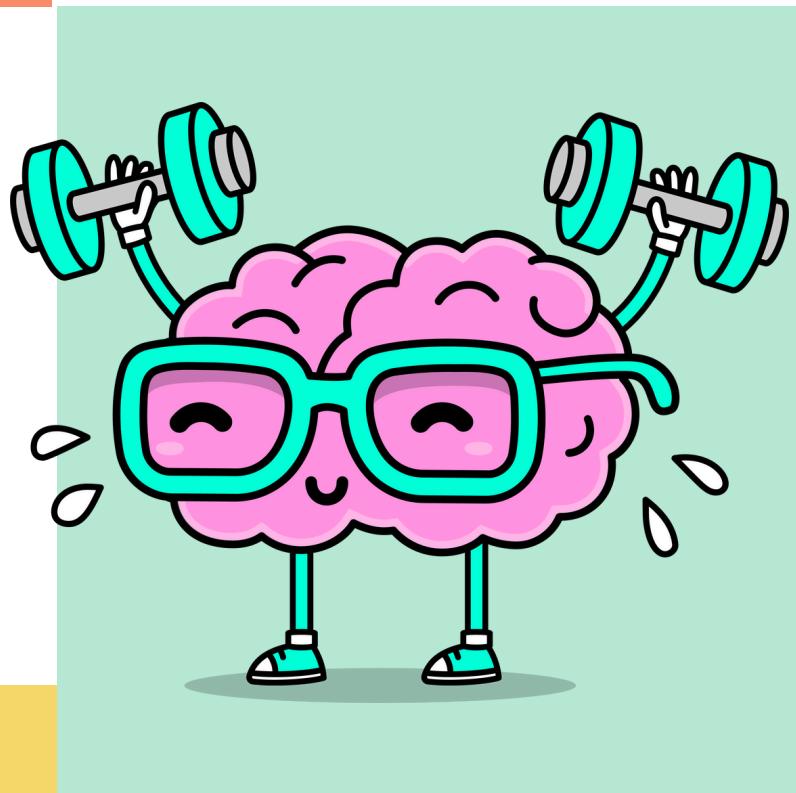
By the end of this course, participants will be able to:

1. Recognise the Signs of Mental Health Difficulties – Identify key indicators of common mental health challenges and understand how these may present in a school setting.
2. Implement Practical Support Strategies – Apply evidence-based approaches to creating a safe and supportive environment that encourages pupils to seek help and develop coping strategies.
3. Prioritise Self-Care in Supporting Pupils – Reflect on the emotional impact of supporting young people with mental health challenges and implement self-care strategies to maintain personal well-being while providing effective support.

Please contact

[courtney.hopson@gloucestershire.gov.uk](mailto:courtney.hopson@gloucestershire.gov.uk) to book onto this Virtual School Training opportunity.

Non-attendance or less than 3 full working days' notice of cancellation for online courses or 5 full working days for face-to-face courses will incur a cost of £100 per delegate at the discretion of the virtual school head. Contact [courtney.hopson@gloucestershire.gov.uk](mailto:courtney.hopson@gloucestershire.gov.uk) to cancel. If you would like to attend but are unable, please contact us to discuss. We might be able to help.



THIS IS A VIRTUAL TRAINING SESSION HOSTED ON THE TEAMS PLATFORM. TRAINING CAN BE DONE AROUND ONE SCREEN IF DESIRED, BUT WE WILL STILL REQUIRE ALL CONTACT NAMES AND EMAIL ADDRESSES OF STAFF ATTENDING.

Mental health challenges among pupils are increasingly common, affecting their well-being, academic progress, and relationships. This course equips educators and school staff with the knowledge and practical tools to recognise signs of mental health difficulties, provide effective support, and foster a positive, inclusive learning environment.

Through engaging discussions, case studies, and interactive activities, participants will gain a deeper understanding of mental health and their vital role in supporting pupils' emotional resilience.