

Price List 2017/18

Mental Health Training

Working directly with young people to raise awareness and understanding of mental health issues



The Project Training & Consultancy offers a range of interactive mental health related workshops which aim to raise awareness around young people's mental health issues, and break down the stigma and myths surrounding mental illness. With 1 in 5 young people experiencing symptoms of depression, anxiety and low body confidence, we want to ensure young people have a better understanding of mental illness and how to look after their mental health, to support them in becoming more resilient to life's challenges.

All our training is of an exceptionally high standard. Our workshops for young people are informed by young people, ensuring content is age-appropriate and engaging.

Workshops for young people

We offer a range of interactive mental health workshops for young people, taking a positive and supportive approach to encourage discussion and learning. We can tailor workshop content to fit the needs of the school and its students, and the length of the session, to include:

- **Mental Health Awareness (1-hr workshop)**
 - what is mental health
 - looking after our mental health
 - what is mental illness
 - common mental health disorders
 - challenging the stigma around mental illness
 - where to find help
- **Body image**
- **The impact of social media**
- **Self-harm and suicide**

Workshops can be delivered as single 1-hour sessions, or multiple sessions delivered to a number of groups throughout the day (eg. PSHE day). We can also run longer workshops, up to half-day sessions, which are generally based around our Mental Health Awareness workshop, but incorporating more activity-based interaction, and allowing time to explore topics in more depth, or to cover more variety of content. If there are specific issues you would like us to address, then just let us know and we can try and accommodate this.

1-hour workshop - £60

2-hour workshop - £120

Half day - £175

Full day - £300

Prices are based on a suitable venue/equipment being provided. Travel costs will be added.

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