

## Child & Adolescent Mental Health



Mental health disorders are diagnosed in 10% of children and adolescents in the UK. This 3 hour introductory course will increase your awareness of the common conditions that affect these young people. You will also receive information on the latest evidence-based CAMHS treatments for the conditions. By the end of the course you will feel more confident that you are responding therapeutically.

### 7 things you will gain by attending this course:-

- Spot the differences between sadness and clinical depression
- Identify the common causes of anxiety and what helps and what doesn't
- Know how to respond when people share experiences outside of your reality
- Explore the differences between tidiness and obsessive compulsive disorder
- Understand the reasons people self-harm and how to minimise risks
- Explore why people unhealthily control their diet and what you can do to help
- Understand the pros and cons of using medication in young people