

# Youthscape Training

Training for those working professionally with young people to equip them with the **skills and confidence** to help around the areas of mental health and self-harm.

[training.youthscape.co.uk](https://training.youthscape.co.uk)

# Mental Health Training

*Recognising  
and effectively  
supporting young  
people with  
mental health  
issues.*

Course:

## Young People And Self-Esteem

Length:



3hrs

### Young People And Self-Esteem

is a brand new course from Youthscape covering the six pillars of self-esteem and highlights how this relates to young people. We ensure that each delegate is given the knowledge to recognise the importance of understanding 'self,' including developing the skills and theory of understanding the emotional, evaluative and cognitive components of self-esteem. The training also includes a wealth of practical resources and information to use with young people in your setting.

### Learning outcomes

- Develop an understanding of the emotional, evaluative and cognitive components of self-esteem.
- Recognise the key signs of damaged self-esteem in a young person, when and how to respond.
- Methods of support along with practical session ideas for young people in a one to one and group capacity.
- An introduction to the wealth of resources around building positive self-esteem in young people.
- Free downloadable worksheets and session plans to use in your setting.

See the latest courses and book online at [training.youthscape.co.uk](https://training.youthscape.co.uk)

Course:

# Anxiety In Adolescence

Length:



3hrs

In a culture with higher pressures to succeed, 24/7 online presence, global instability and a constant bad news cycle, young people are increasingly struggling to know how to cope. As professionals we are seeing an increasing rise in disclosures around anxiety and can be unsure how best to respond and support.

**Anxiety In Adolescence** not only highlights the pressures that young people are facing today, but also key methods of support, including school-wide/organisation-wide and individual approaches, free downloadable resources and the skills to identify the signs of anxiety disorders. The course also covers the area of exam related anxiety and gives practical advice and measures schools and those supporting young people can put in place to manage this time of year more effectively.

## Learning outcomes

- An understanding of the main types of anxiety disorder.
- Recognising physical and psychological indicators of anxiety.
- Understanding of Perfectionism as a trigger of anxiety.
- Catastrophizing and self-doubt.
- Methods of support including encouraging self-care and advice around primary to secondary transition.
- Plus a range of free downloadable worksheets and recommended resources.

## Additional mental health one hour bespoke modules

In conjunction with the **Anxiety In Adolescence** course, **Youthscape** offer a range of one hour bespoke modules around mental health to address the specific training needs for your team. These sessions are held on the same day as one of our three hour mental health courses and are priced per module allowing you to receive the training you need to support young people.

### Depression

14% of 13-18 year olds will suffer clinical depression. As those supporting young people in a professional capacity how to we recognise and respond to signs of depression in young people. The one-hour module covers key indicators and methods of support, along with up to date facts and resources

### PTSD

Post Traumatic Stress Disorder (PTSD) is an anxiety disorder that can develop after experiencing or witnessing a major trauma. This one-hour session equips delegates with not only an understanding PTSD is but also knowledge to recognise the symptoms in young people and signpost effectively.

### Autism and Mental health

Research has found that almost 80% of autistic people experience mental health problems, including anxiety, depression and attention deficit hyperactivity disorder (ADHD). However, for those on the autism spectrum, mental health issues are often overlooked. The one-hour module focuses on understanding the links between autism, anxiety, obsessive compulsive disorder (OCD) and depression, along with a guide to signposting and resources.

### Digital resilience and mental health

When faced with trauma, stress, or struggling with difficult emotions young people frequently turn to social media platforms to share their experiences, look for information or advice, and make sense of what is happening to them.

Being exposed to messages, images and peer discussions can reinforce negative belief that a young person already holds about themselves. For many, social media can provide a space in which to find reassurance and support, however for others it can dangerously heighten anxiety and lower self-esteem.

The one-hour session highlights how young people's mental health can be impacted by their online behaviour, along with providing the skills for professionals to deliver effective resilience-promoting support and guidance.

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# Self-harm Training

*Equipping professionals with the confidence and skills to respond to self-harm disclosure and offer support.*

Course:

## Essential Knowledge Course

Length:



3hrs

10–13% of young people are known to actively self-harm. However, for many disclosure is made harder by the fear of misunderstanding and the myths and stigma that remain around this issue. As professionals we can often be unsure of how to respond in light of a self-harm disclosure, fearing we will do or say the wrong thing.

The **Essential Knowledge Course** is ideal for those who would like to develop an understanding of self-harm as well as the skills to confidently respond and support young people around this issue.

### Learning outcomes

- An overview of the latest research on the extent of self-harm among young people and the particular groups at highest risk.
- An understanding of why young people self-harm and key steps to help young people reduce their harming.
- How to respond to self-harm disclosure.
- Alternative coping strategies for individuals who self-harm.
- An understanding of physical and emotional indicators of self-harm.
- The impact of online communities and social media.
- Where to refer young people to specialist support for self-harm and an introduction to the resources that are available.

See the latest courses and book online at [training.youthscape.co.uk](https://training.youthscape.co.uk)

## Additional self-harm one hour bespoke modules

In conjunction with the Essential Knowledge Course, Youthscape offer a range of one hour bespoke modules around self-harm and support for your setting, allowing the training you receive to be tailored for the needs of your organisation. These sessions are held on the same day as the Essential Knowledge Course and are priced per module.

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### Creating self-harm policy

Working with children and young people brings with it a number of issues that need to be carefully navigated. Comprehensive policies and procedures ensure everyone works consistently, and helps maintain the wellbeing of those in our care. Self-harm policy covers all of these issues, and ensures everyone involved has clarity and direction about how best to support the young person concerned as well as ensuring good practice from a safeguarding perspective. This one hour module helps you develop policy for your organisation as well as sample policies to read, discuss and critique.

### Practical response and support session

In addition to the Essential Knowledge Course, this module takes you step by step through running a support session for a young person who self-harms, along with practical role play exercises for staff around disclosure.

### Supporting in a residential capacity

Supporting young people in a residential capacity, presents very different issues and areas that need to be considered. This one-hour module looks at methods to encourage communication, write a crisis plan with a young person alongside navigating the impact self-harm can have on other residents.

### Impact on families and professionals

Supporting a young person who harms can have a huge impact on both families and professionals, how do we put good structures in place to look after ourselves, alongside offering guidance to parents and siblings? This one-hour module looks at the ripple effect self-harm can have and gives key methods of reflective practice for staff as well as signposting help for families.

# About Youthscape's Training

Youthscape is a National youth charity based in Luton, Bedfordshire. Since its beginnings in 1993, the charity has developed a strong and professional reputation for delivering caring, child-centred UK-wide work which focuses on the emotional and social needs of all young people. We have a number of services ranging from our much endorsed bespoke training sessions for professionals, through to a selection of accessible user-friendly resources that can be used to support young people around their mental health.

All of our work is developed in Luton where we have been working alongside the local high schools supporting young people around these issues for over

a decade. Our courses not only equip professionals with the knowledge they need but also the confidence and skills required to respond in an effective way. We have a team of specialist regional trainers who deliver our sessions nationally, enabling us to offer sessions anywhere in the UK.

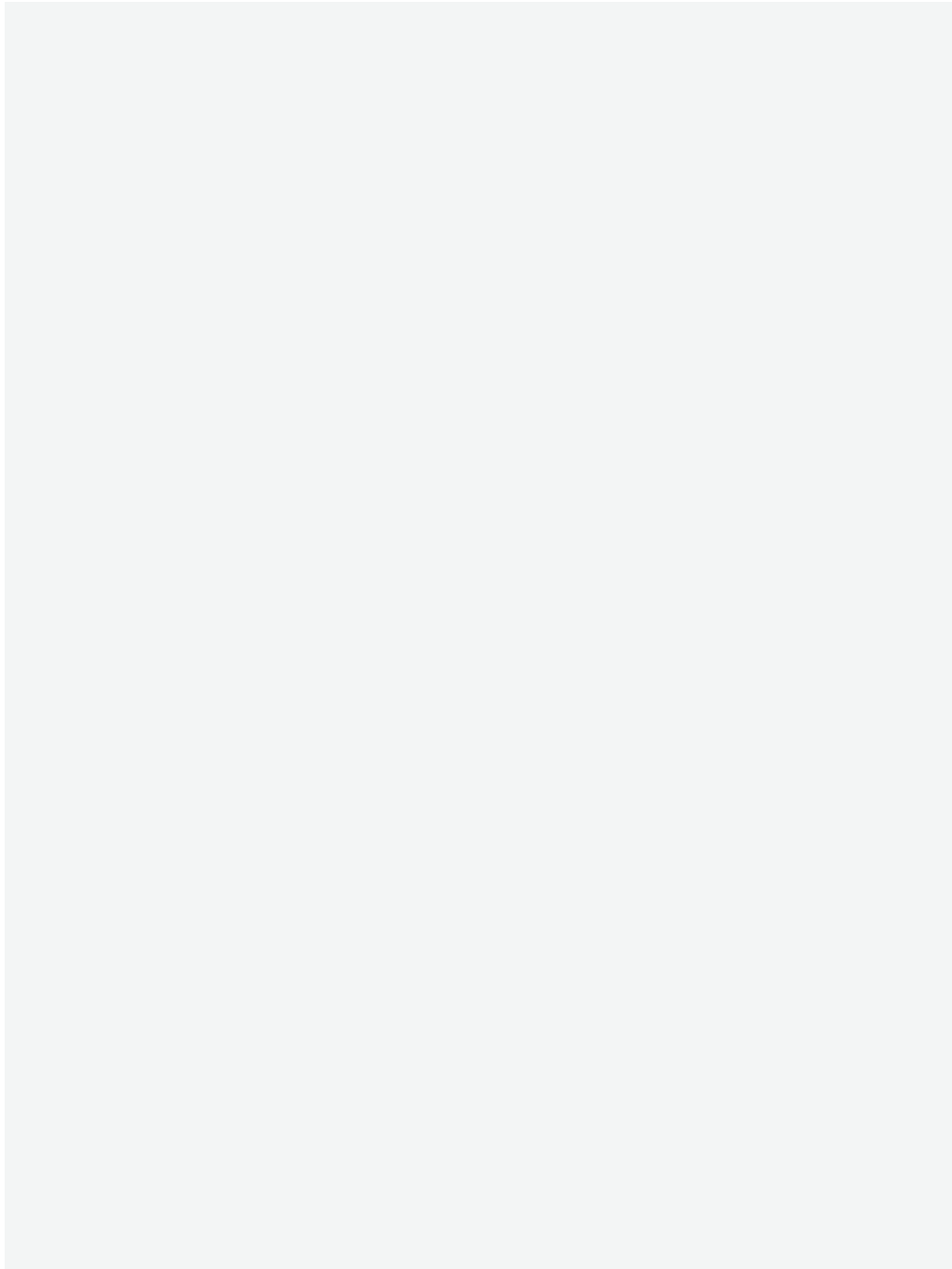
Our sessions can be delivered at a time and location to suit your organisation. All of our courses are designed for groups of up to 25 (however please ask if you have a larger group as we can also offer this).

To find out more about a session that could work for your school or organisation please contact us.

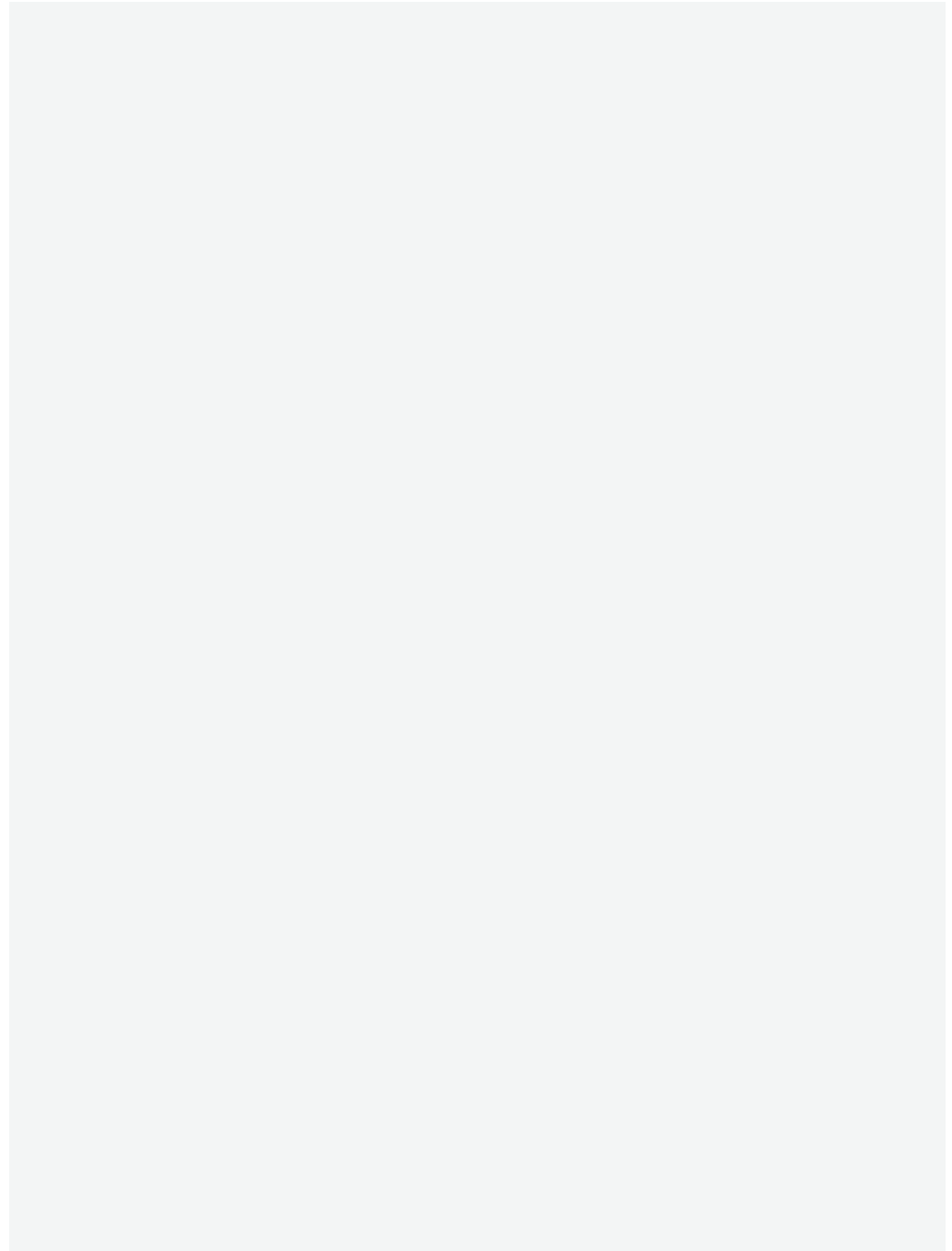
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Notes



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**selfharm**<sup>UK</sup>

*Youthscape*

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