



In partnership with the Mental Wealth Academy, Oxfordshire Youth is delivering online **Mental Health Awareness Training for Parents and Carers** of young people. **The training happens monthly and it's FREE for Oxfordshire residents***.

The session primarily considers the mental health of adolescents and young adults, aiming to help parents and carers to:

- Identify emotional distress
- Know where, and how, to signpost children and young people if you, or they, have a concern
- Learn practical strategies to help with listening to, and supporting, children and young people
- Develop your understanding of the wide range of factors and variables that can impact on children and young people's mental health
- Feel more confident and less fearful having 'the conversation' with your child or young person

The session lasts just over 1.5 hours and includes presentations and group work, providing the opportunity to speak with other parents and carers about young people's mental health.

Since the launch of the training, Oxfordshire Youth has received extremely positive feedback by the attendees. The evaluation forms that Oxfordshire Youth asks attendees to complete, show that parents and carers have improved their confidence, knowledge and understanding around young people's mental health. 100 % of the attendees would recommend this training to others.

For further information, booking or to check the dates of these sessions, please click on the link below:

[Oxfordshire Youth Events – Eventbrite](#)

***In order to receive tickets for free, Oxfordshire residents need to use the first part of their postcode as the promo code (e.g: OX4) when purchasing the tickets online**