



# Supporting Mental Health in Independent Schools Seminar 2019



**3<sup>RD</sup> DECEMBER 2019**



**CENTRAL LONDON**



**VENUE TBC**



**09.00 - 15.30**

*Helping you support students and  
their mental wellbeing.*



# We are delighted to present our Supporting Mental Health in Independent Schools seminar.

This course will discuss and show how to support these issues and embrace a whole school approach. Suitable for anyone working in independent schools with responsibility of MH or working directly with students in a pastoral role.

## THIS YEAR'S CONFERENCE WILL FOCUS ON:

- Mental Health overview
- Specific mental health issues and how to provide support
  - Reducing the stigma of mental health
  - Whole school ethos



“

Sam had a great sense of humour and made the day very interesting!

”



“

Very knowledgeable, human and realistic – would attend any of her courses!

”

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## Conference agenda

09:00 Registration and refreshments

09:30 Mental health overview

- The development of the brain
- Risk and protective factors
- The effect of boarding on mental health

10:30 Mid-morning refreshments and networking

10:45 Specific mental health issues and how to provide support

- Self-harm
- Eating disorders
- Anxiety including exam anxiety

12:30 Lunch and networking

13:30 Reducing the stigma of mental health

- The importance of staff emotional literacy to support students
- How staff can support positive mental health
- Supporting staff mental wellbeing
- How to effectively work with parents to support students

Afternoon break

14:45 Whole school ethos

- Implementing a whole school approach
- Moving forward

15.15 Open forum and Farewell

## YOUR TRAINER



**Sam Garner** has been involved in education for over 15 years. She has been a SENCO and Examinations Officer in a large secondary school of approximately 2000 students. Sam has also been a regular presenter at national international training events for SENCOs and exams officers, as well as conducting individual training with SENCOs. Sam is also working towards improving mental health support in schools.

# BOOKING FORM

## Supporting Mental Health in Independent Schools Seminar 2019

[www.bit.ly/rta-indie-schools](http://www.bit.ly/rta-indie-schools)

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### SECURE YOUR PLACE

PLEASE TICK	DATE	CITY	PRICE	REF NO
<input type="checkbox"/>	3 <sup>rd</sup> December 2019	LONDON	£259.99 + VAT	9078010/9597

FOR GROUP BOOKINGS PLEASE CONTACT US FOR A PERSONALISED QUOTE. CALL 020 8243 8704 OR EMAIL [rta-training@forumbusinessmedia.co.uk](mailto:rta-training@forumbusinessmedia.co.uk)

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DELEGATE 2 \_\_\_\_\_  
Full name Job title Email address\*

Organisation name \_\_\_\_\_ Organisation type \_\_\_\_\_

No. of employees:  1-19  20-49  50+ Telephone \_\_\_\_\_ Mobile \_\_\_\_\_ Fax \_\_\_\_\_

Address \_\_\_\_\_ Postcode \_\_\_\_\_

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