

# Youth Mental Health Awareness Training

## Practice Nurses in Primary Care

### Free 1 Day Course for General Practice Nurses in Cambs and Ely

1 in 10 young people aged from 5 to 16 suffer from a mental health disorder. This programme has been developed by a Primary Care Nurse Practitioner to help develop the appropriate content and themes including:

- The risk-resilience balance
- Spotting depression
- Coping with self-harm
- Keeping calm with anxiety
- Keeping focused with psychosis
- Managing suicide risk
- How to be and what to say



**Date and venue:** Woodlands Surgery, 48-49 Bateman Street, Cambridge, CB2 1LR  
5 December 2017 - 9:30am to 4:30pm

Tea and coffee available, please bring your own lunch

***Separate dates are available for Huntingdon and Fenlands***

**Bookings:** Fiona Holloway-Parks  
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