

Adolescent Mental Health Workshop



Welcome to Virtue Healthcare Education

In New Zealand youth have a higher prevalence of mental health disorder, substance abuse and suicide ideation than adults. Worldwide 10-20% of children and adolescents experience mental disorders. Half of all mental illnesses begin by the age of 14 and three-quarters by mid-20s. If untreated, these conditions severely influence children's development, their educational attainments and their potential to live fulfilling and productive lives. Children with mental disorders face major challenges with stigma, isolation and discrimination. Many mental health problems emerge in late childhood and early adolescence such as anxiety and depression, so it is important that people working closely with these age groups know what to look for and how to help when they find it. Virtue Health Care Education believe strongly that adolescent mental health education can be a preventative factor.

QUICK INFO

Duration: 1 full day workshop

Workload: 9.00am – 4.00pm

Training Outcomes

Trainee's will learn

- a greater understanding of mental disorders amongst adolescents
- the determining factors that can lead to adolescent mental illness
- how to identify early warning signs and onset of illness
- different skills and strategies for early intervention
- the different tools to encourage well-being for adolescents

Location

We come to you! Depending on your circumstances we offer on-site training or local workshops. Contact us if you would like to organise on-site training or to see when the next workshop is happening in your area.

Our Workshops

Our workshops allow participants to learn in a structured and enjoyable environment. Content is up-to-date and specifically tailored to be relevant for the trainees and the environment that they work in. Workshops are designed to be entertaining and interactive to maximise learning outcomes and cater for different learning styles.

If you have any questions about this workshop or this brochure please do not hesitate to contact our workshop organizer

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