



Let's Talk About Anxiety, Self-Harm & Suicide

Really **Practical** Ways to Support
Children & Young People

A One Day Conference
Tuesday 30th November 2021

Bringing You Inspirational, Knowledgeable & Enthusiastic Speakers:



Rachel Cackett
Samaritans Scotland, Executive Director



Dr Pooky Knightsmith
Mental Health Advisor, Author, Educator & Former Chair - Children and Young People's Mental Health Coalition



Dick Moore
Former Headteacher & Speaker for the Charlie Waller Trust



Richard Orr
Development & Communications Manager, Winning Scotland



Jen Somerville
Development Co-ordinator for Scotland, Child Bereavement UK



Stonewall Scotland

3 Easy Ways to Book:

Online: www.medicacpd.com

Tel: **0141 638 4098**

Post: 



#LetsTalkMentalHealth21

@MedicaCPD

Conference Partner

**SAMARITANS
Scotland**



Anxiety, self-harm and suicide can be difficult subjects to talk about but with the worrying rise in children and young people facing mental health difficulties – we must do.

This conference will provide a better understanding and awareness about anxiety, self-harm and suicide, as well as practical support for teachers and other professionals working with children and young people.

Why Attend?

- Update your knowledge and understanding.
- Practical ideas & strategies that you can use immediately.
- In-depth sessions delivered by handpicked knowledgeable and enthusiastic speakers who'll make your learning informative and enjoyable.
- Networking opportunities.
- Certificate of Attendance
- Download speaker's presentations and gain educational resources.
- Go back to your workplace re-energised and inspired – so you can really make a difference

CONFERENCE DETAILS

Date: **Tuesday 30th November 2021**

Time: **9.30am - 4.15pm**

(Registration & refreshments 9.00am - 9.30am)

Venue: **Macdonald Crutherland House**
Strathaven Rd, East Kilbride, Glasgow G75 0QJ

Cost: **£199 + VAT** *(Including lunch & refreshments)*

HOW TO REGISTER

Online: **www.medicacpd.com**

Tel: **0141 638 4098**

It is advisable to book ASAP as places are restricted. Confirmation of booking and further information will be emailed to you. If you have not received confirmation within 10 days of submitting your booking, please contact the Medica Cpd Team on the above numbers.

Cancellations: Please read our cancellation and refund policy on our booking form before registering and on the www.medicacpd.com homepage.

Conference Programme

09.00 - 09.30am	Registration & Refreshments on Arrival
09.30 - 09.50am	Welcome and Setting the Scene <i>Conference Chair; Rachel Cackett, Samaritans Scotland, Executive Director</i>
09.50 - 10.50am	Self-Harm and Anxiety Really practical strategies for supporting children struggling with self-harm and anxiety. <i>Dr Pooky Knightsmith, Mental Health Advisor, Author, Educator & Former Chair - Children and Young People's Mental Health Coalition</i>
10:50 - 10:55am	Questions
10:55 - 11:25am	Refreshment Break
11:25 - 12:25pm	'Helping Them Fly' <ul style="list-style-type: none">• How are we teaching children & young people resilience when they encounter the storms?• Is your school a mentally healthy school? Ticking boxes and one-off events is not enough, Dick will draw on his own experiences as a head teacher and parent and will provide you with a powerful and memorable presentation on how you can make a real difference to the lives of CYP. <i>Dick Moore, Former Headteacher & Speaker for the Charlie Waller Trust</i>
12:25 - 12:30pm	Questions
12:30 - 1:25pm	Lunch
1:25 - 1:30pm	Welcome and Chair's Introduction, <i>Rachel Cackett (as above)</i>
1:30 - 2:20pm	'Let's Embrace the Awkward and Talk about Suicide' <ul style="list-style-type: none">• Demystifying suicide and how to talk to young people who are struggling with suicidal thoughts.• How to support colleagues as well as CYP. <i>Dr Pooky Knightsmith (as above)</i>
2:20 - 2:25pm	Questions
2:25 - 2:55pm	Embracing Trauma and Grief <i>Jen Somerville, Development Co-ordinator for Scotland, Child Bereavement UK</i>
2:55 - 3:00pm	Questions
3:00 - 3:10pm	Stretch and Fruit Juice Break
3:10 - 3:35pm	LGBT Young People or Young People - Questioning their sexual orientation or gender identity can face particular challenges. There is a significantly higher risk of anxiety, suicide and self-harm among younger LGBT people compared to the wider teenage population and this talk will provide you with a better understanding in this area and offer practical actions to LGBT inclusion within your setting. <i>Stonewall Scotland</i>
3:35 - 3:40pm	Questions
3:40 - 4:05pm	Building Confidence & Resilience <ul style="list-style-type: none">• Helping young people improve self-efficacy, cope with setbacks, develop healthy habits and reduce risky behaviours <i>Richard Orr, Development & Communications Manager, Winning Scotland</i>
4:05 - 4:15pm	Questions, discussion and approx. close

Registration

Anxiety, Self-Harm & Suicide Conference

30th November 2021, Glasgow



MedicaCPD

Register online at: www.medicapd.com

Register by telephone: 0141 638 4098

Register by post: Fill in the registration form and post to us at the address at the bottom of the form

Your Details *Please fill in BLOCK CAPITALS*

First Name Surname

Job Title Organisation

Email (required) Tel No

Address

Postcode

Special diet/mobility

Confirmation of your registration and further details will be sent by email. If you would prefer to receive confirmation by post, please tick this box. If you do not receive confirmation of your booking within 10 days please call 0141 638 4098 or email carolyn@medicapd.com

I wish to attend the following event *Please tick the appropriate box*

Anxiety, Self-Harm & Suicide Conference: 30/11/2021, £199 + £39.80 VAT = £238.80

How to Pay *Please tick the appropriate box - It is the responsibility of the delegate to ensure payment is made prior to attendance*

By Cheque I enclose a cheque for the appropriate amount payable to "Medica CPD Ltd" and send with the form to the address below

By Credit Card Please book online at www.medicapd.com or call 0141 638 4098

By Invoice Please send invoice to (if different from above)

First Name Surname

Job Title Organisation

Email (required) Tel No

Address

Postcode

Purchase order number (if relevant)

An invoice will be sent to the appropriate person by email. If you would prefer to receive an invoice by post please tick this box.

Payment due: 30 days from invoice date or before the event date (whichever comes sooner). Confirmation will only be issued when payment of invoices are received in full, early registration is essential for invoices.

REGISTRATION TERMS & CONDITIONS: 1. Once we have received your booking online, by telephone, email or in the post this constitutes a firm booking. 2. Your registration constitutes a legally binding agreement, payment must be received before the event. Any outstanding payment becomes the responsibility of the named delegate attending. 3. Cancellations must be made in writing. A refund less an administration charge of £25 will be given to cancellations received before 8th April 2020. After this date the full fee is payable, regardless if the delegate attends on the day or not. Substitutions can be made, if we are notified up to 3 days before the event. 4. The organisers reserve the right to change the programme, speakers and venue as required. 5. In the unlikely event that we have to cancel the event we will issue a refund for the registration fee. We are not responsible for any other costs incurred. Please visit our website at www.medicapd.com for full terms and conditions.

PRIVACY POLICY: We take your privacy very seriously. Please see our full privacy statement and how we use your data on our website www.medicapd.com

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