

New Beginnings



Mental Health Training for the children and young people's workforce – a resource toolkit



Share the Knowledge

The Essex Joint Commissioning team has commissioned Enable East to develop 'New Beginnings', a flexible toolkit of resources to deliver mental health training for the children and young people's workforce in Essex. This is an exciting opportunity to be trained in using the toolkit to share the knowledge and skills development opportunities in your locality.

The toolkit is designed to help you understand how to identify mental health, emotional and substance misuse issues in children and how to effectively seek help and guidance from the Children and Adolescents Mental Health Services (CAMHS).

Are you interested in learning more?

The initial sessions will be delivered by an experienced Enable East team. In this one day session, you will receive a copy of the full toolkit resource and learn about using the resources in a flexible way to meet the needs of your colleagues locally.

For more information, and for dates and venues of these initial training sessions, visit www.enableeast.org.uk

How do I book?

Either:

- **Download a booking form from www.enableeast.org.uk**
- **E-mail enableeast@enableeast.org.uk or**
- **Ring Kevin Whiteley on 01206 287595**

Visit www.enableeast.org.uk for details of training venues