Mental Health Masterclass

The masterclass includes tips on peer support and early-symptom spotting for mental illness, with a particular emphasis on self-harm and eating disorders.

An in-Depth training session, part lecture park workshop, exploring practical ways to incorporate the three key skills for good mental health into school life. These are: Critical thinking (as a means of protecting against potential harmful side-effects of social media), healthy coping strategies for stress and emotional literacy.

Natasha will discuss the unique functions of the developing brain and how the skills of critical thinking, healthy stress coping mechanisms and emotional literacy can be nurtured during this time. This talk also examines sexuality and gender and their link to self-esteem, with a particular emphasis on engaging boys and young men in the mental health conversation.

Natasha Devon MBE is a writer, campaigner & pundit. She tours schools and colleges throughout the UK, delivering talks as well as conducting research on mental health, body image, gender and social equality. She regularly gives evidence to the Education and Health Select Committees, representing the interests of teenagers and teachers.

Natasha is co-founder of the Self Esteem Team (www.selfesteemteam.org) and of charity Body Gossip (www.bodygossip.org). She is also a Fellow of the University of Wales: Aberystwyth and advises them on campus wellbeing. In 2016 Natasha was awarded an MBE for her services to young people.

Natasha has authored several books, writes regularly for the Guardian, is a former columnist for Cosmopolitan Magazine and currently has a weekly column in the Times Educational Supplement. In 2016, the Sunday Times and Debrett’s named Natasha one of the 500 most influential people in Britain.

Audience:
Anyone who works in education. This is a FREE event open to all ConnectEd Partnership Membership Schools.

5.00pm - 5.25pm: Arrival for registration, tea, coffee and networking!
5.30pm - 7.30pm: Mental Health Masterclass, delivered by Natasha Devon MBE.

Event date:
Thursday, October 19, 2017 – 17:00 – 19:30

Location:
Smestow School, Windmill Crescent, Castlecroft
Wolverhampton WV3 8HU

Bookings can be made via rebecca.poorhady@neu.org.uk