

Bitesize

LIVE, ONLINE TRAINING

MENTAL HEALTH TRAINING

Delivered by mental health professionals, courses cover a range of subjects, ***including:***

- **Adolescent Brain Development**
- **Child and Adolescent to Parent Violence and Abuse (CAPVA)**
- **Emotionally-Based School Avoidance**

FREE training for
parents, carers
and anyone
caring for or
working with a
child or
young person

**ONLINE, LIVE
ONE-HOUR
FREE**





- The Importance of Sleep
- Parental Mental Health
- Suicide Awareness
- Self-Harm
- Eating Disorders...



...and
many
more



Book online

liverpoolcamhs.com/professionals/training/



The treatment and support I get will be right for me and my personal needs.

If I'm having emotional difficulties, I'll get the right care when I need it as close to my home as possible.

Sometimes, children and young people face difficulties in life that are too much for their friends and families to help with. Liverpool's mental health services are here to help when they find it hard to cope with family life, school, or the wider world. These services are commissioned by the NHS and work together in partnership to promote positive mental health and emotional wellbeing to children and young people.



How to access this mental health support



Face-to-face



Online

[LiverpoolCAMHS.com](https://liverpoolcamhs.com)



Phone:

Crisis Support

Call 111

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LIVE, ONLINE TRAINING

FREE mental health training for parents, carers and anyone caring for a child or young person.

Visit the website to see the full calendar and book.



Find us on socials, search for Children and Young People's Mental Health Liverpool.

