Supporting the Mental Health needs of Adopted Children

One in ten children and young people experience mental health problems in the UK. This course provides practical advice to help children and young people to build resilience and recover from toxic stress.

Topics covered in this course:

- What is good mental health?
- The signs that your child may have a mental health problem
- What are the mental health risk factors for care experienced children
- How can you promote resilience to help support good mental health?

For further information on the content of this course and the learning outcomes, please contact AC Education on 01923 850408 or at contact@ac-education.co.uk