



## HEYA Mental Health and Wellbeing suggested training and support opportunities Spring 2024

- [COVID-19: Psychological First Aid training \(Future Learn\)](#) - Learn how to give practical and emotional support to individuals using psychological first aid.
- Free training with the Open University:
  - [Supporting children's mental health and wellbeing | OpenLearn - Open University](#)
  - [Supporting children and young people's wellbeing: Supporting children and young people's wellbeing: 4 Resilience and wellbeing | OpenLearn - Open University](#)
  - [Attachment in the early years - OpenLearn - Open University](#)
- L2 Mental Health & Wellbeing In the Early Years Level 2 Course in Mental Health in the Early Years | Learning Curve Group NCFE LEVEL 2 UNDERSTANDING MENTAL HEALTH IN THE EARLY YEARS (this is a funded course and eligibility criteria apply)  
[Level 2 Certificate: Understanding Mental Health in the Early Years \(adulthoodeducation.org.uk\)](#)
- [FREE - Supporting Well-being in the Early Years Workforce - NDNA](#)
- [Mental health for early years children - Help for early years providers - GOV.UK \(education.gov.uk\)](#)
- [Free Online ACEs Training - Care Courses Online](#)
- The Early Years Advisory Teachers workshops and training include relevant sessions to support MH&W e.g. Early Years Mental Health Forum and the Wellbeing Workshop (links can be found in the Early Years Bulletin or on the events calendar) Early years and childcare training, networks, meetings and events calendar (southampton.gov.uk) ) [Early years and childcare training, networks, meetings and events calendar \(southampton.gov.uk\)](#)
- [Parents Helpline and Webchat \(Young Minds\)](#) - offer services to parents and carers who are concerned about their child's mental health.
- [Supporting staff wellbeing \(National Day Nurseries Association\)](#)
- [Supporting mental health at work \(ACAS\)](#) - Advice and information about how an employer can help an employee with a mental health issue.
- [Southampton Educational Psychology Service](#)
- [MIND's brochure on supporting colleagues with a mental health issue.](#)
- [Nursery staff well-being - NDNA blog](#)
- [Overview of ACEs - Adverse Childhood Experiences \(ACEs\)](#)
- Was not heard film: [https://youtu.be/x14\\_2chx3IE](https://youtu.be/x14_2chx3IE)

## There are also numerous resources on the Anna Freud website including:

### Early Years Staff wellbeing: a resource from managers and teams.

The resource identifies four key areas that could make a difference to the wellbeing of nursery and preschool staff:

1. Supporting each other
2. Supportive management
3. The physical environment
4. Outside support

[Early years staff wellbeing: a resource for managers and teams | Anna Freud](#)

### What is attachment? [What is attachment? | Anna Freud](#)

The booklet is for early years workers working with young children under five. This booklet explains in simple terms:

- what exactly an 'attachment informed' approach to childcare is;
- how you can use attachment ideas in your practice to support positive relationships with the children in your care;
- what you should look out for if you are concerned about a child's attachment style in your setting; and
- how you can support parents and carers to develop healthy and strong

**Supporting staff wellbeing in early years settings.** This webinar will offer early years workers multiple perspectives on staff wellbeing in this setting. It includes information around the importance of staff wellbeing and insight from a practice perspective. <https://youtu.be/Ddnz19sC1VA>

**Supporting children in early years settings who may have experienced trauma.** The Centre's Early Years in Mind learning network hosted a webinar on supporting traumatised children in early years settings which took place in June 2021. <https://youtu.be/XKJuBemELjI>

**Early Years and the Transition to School.** In this session our speakers will bring the knowledge and expertise from their practice to explore what it means to be school ready during this key Early Years milestone. Sharing the experience of the child and their parents or carers will be at the centre of our discussions. As will the need for an inclusive approach to transition and the importance of play. <https://youtu.be/pcV5sd9wUsk>

**Managing challenging behaviour in early years settings.** The Centre's Early Years in Mind learning network hosted a webinar on managing challenging behaviour in early years setting in February 2021. The event was aimed at frontline practitioners including nursery workers, managers and childminders. [https://youtu.be/EqpuY\\_It5X4](https://youtu.be/EqpuY_It5X4)

You could also join the **Early Years in Mind Network**: Early Years in Mind is a free learning network for early years staff and practitioners which offered termly updates on the latest advice, guidance and resources from the Anna Freud Centre in regards to the mental health and wellbeing of infants and their families. [Anna Freud National Centre for Children and Families \(list-manage.com\)](#)