

Mental Health Matters

Understanding Mental Health in Children

Parents are incredibly concerned about the increasing number of mental health problems amongst children and adolescents. Following the series of lockdowns, parents have spent far more time with their children than before. They sometimes struggle with what are healthy and age appropriate responses from a child in terms of their mental health and what can be signs that additional support needs to be offered and interventions pursued. This session will explore what is mental health, how a child's environment and experiences can impact upon them, as well as a whistle stop tour on how brain changes can also impact upon a child's responses to stress and anxiety.

Session Outline

A new definition for 'Mental Health'

Guidance for acknowledging your child's feelings

How to support resilience and emotional intelligence in children

When and where to seek professional support

Exploring psychological, biological & biochemical brain changes for children experiencing stress and anxiety

Supporting yourself and your child when Mental Health is a concern

Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Open forum to ask questions



Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 7 years speaking about Diversity & Inclusion and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behaviour disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.