

CENTRE FOR MENTAL HEALTH

Seminar Series

The University of Melbourne



MELBOURNE SCHOOL OF
**POPULATION
& GLOBAL
HEALTH**

Developing Child Mental Health Literacy in the UK

Presented by Dr. Helen Pote

Tuesday 19th February 2019, 12:45pm-1:45pm

Room 410, Level 4, 207 Bouverie Street, Carlton



Community based interventions to support child mental health are a priority within UK government policy, and the development of child mental health literacy interventions has been a key component. The seminar will outline current UK policy and practice to increase mental health literacy for teachers and other staff. It will report on two randomised controlled trials Helen is conducting to develop the mental health literacy of teachers and paediatric hospital staff. The focus of these RCTs has been on the digital delivery of mental health literacy interventions to increase the capacity of training.

Helen is a Clinical Psychologist and Clinical Director for the Clinical Psychology Doctoral Programme at Royal Holloway, University of London - a large NHS programme with 87 doctoral students on roll. Her clinical and research interests focus on child mental health, family functioning and mental health literacy. She has completed research exploring therapy process and outcomes for systemic and cognitive-behavioral therapies alongside a number of projects in schools, colleges and paediatric settings, exploring mental health literacy, stigma and perceptions of mental health problems. She recently developed MindAid - a mental health literacy app for teachers - www.mindaid.org.