

‘Supporting good mental health in your schools’

The Schools Wellbeing Service continues to work with young people on their caseloads and accept new referrals from schools. PMHW’s will maintain contact with schools, through triage or similar, which will enable cases to be discussed and referred to the PMHW attached to that school. We are also operating a **Consultation Line** where parents/carers and professionals can request advice and support.



Schools Wellbeing
Service Consultation |

We have been in touch with all Strategic Mental Health Leads within secondary school, and all primary, special and SEMH hub SENCO’s in order to gather names of those pupils who are at high risk of self-harm or have presented at A&E, with the aim of reducing the risk of escalation. These are reviewed alongside school colleagues on a regular basis.

We are also working with others in order to develop resources that are being placed on BEEM and are sharing these resources with Strategic Mental Health Leads in secondary schools and SENCO’s in primary schools, special schools and SEMH provisions. These are also circulated through AMAZE, PACC, T21 and FYP.

We are in the process of implementing e-wellbeing as part of our therapeutic work and have developed safe working practices to offer group work in addition to 1-1 work.

Linking in with a range of external services is enabling us to access a wider range of vulnerable families, and we are expecting this level of cross service working to further develop.

We are working with CAMHS and Community Wellbeing Service in order to see how we can best support each other, as members of teams are used elsewhere or go into isolation, in order to ensure provision for children and young people’s mental health remains covered. The attached threshold document outlines how our services fit together.



Brighton and Hove
Helping Children and '

Four member of the Schools Wellbeing Service are currently being prepared to support at A&E and others are supporting, in a voluntary capacity, in hospitals.

The MHST continues to develop and we are pleased to say that, over this period, will be able to take referrals from all secondary schools. Referrals will be made through the PMHW via school triage or similar.

Currently we are looking at virtual training around areas such as bereavement. This will be offered in smaller groups and further information will be forwarded to the Strategic Mental Health Leads and SENCO's.

Our colleagues within schools have been providing useful feedback from our mail outs, which has helped us to respond to key areas of need.

The National College have teamed with Mental Health expert, Anna Bateman to provide **practical advice and guidance around supporting the wellbeing of their school community during self-isolation**

Webinar: Self-Isolation and Mental Health: Practical Strategies for Managing and Supporting Staff and Pupil Wellbeing

Available from: Friday 3rd April 2020

Access: Online at anytime (following the above date), on any device

Time: 14:00-15:00

Cost: FREE

Who is this for?: School Leaders, Headteachers and Mental Health Leads

Learning outcomes include:

- Understand how self-isolation can impact on mental health and wellbeing and techniques to manage it
- Recognise the importance of keeping a constant flow of communication and monitoring the wellbeing of your staff
- Learn practical strategies you can implement to help support the mental health and wellbeing of your staff and pupils and the assistance you can provide
- Understand the risks of self-isolation on those with pre-existing mental health conditions and how to manage their impact
- Identify other sources of help and support and signpost to additional resources online

BOOK NOW: <https://thenationalcollege.co.uk/webinars/self-isolation-and-mental-health-practical-strategies-for-managing-and-supporting-staff-and-pupil-wellbeing>

Please note, all participants, whether they can attend on the above date or not, will receive a recording of the webinar in the learning hub to watch at their convenience & will receive a certificate to evidence their attendance and learning.

Policy Team, The National College

W: www.thenationalcollege.co.uk