

Sources of Information and Support for Schools

Devon's EH4MH service

Aims to improve access to mental health support. This improvement is targeted in two distinct ways. Firstly, our aim is to improve access to direct support for young people. Secondly, our aim is to provide DCC school staff with regular access to psychoeducation in various forms, including mental health consultation, clinical supervision and training.

Who we are

The Early Help for Mental Health (EH4MH) service funding has been secured by Devon County Council and Public Health for the next 5 years. EH4MH is being delivered by 3 partner agencies working together. The partner agencies involved in delivering EH4MH are:

- [Virgin Care](#)
- [Kooth](#)
- [Young Devon](#)

What can EH4MH offer?

Virgin Care currently delivers the Integrated Children's Services in Devon on behalf of the NHS and Devon County Council and will coordinate the EH4MH service alongside the Child and Adolescent Mental Health Service (CAMHS).

Virgin Care's EH4MH Practitioners are available to support schools in a variety of ways:

- Able to work with leadership teams in their mission to reduce stigma associated with mental health
- Able to work with staff aiming to improve their own awareness of symptoms potentially indicating deteriorating mental health among the children and young people in their care
- Able to work with staff in mental health consultation to improve and promote interventions from a range of services and agencies relevant to potentially attend the emerging mental health needs of children and young people.
- Able to offer school staff access to clinical based supervision which focusses on creating an opportunity for reflective conversation with a targeted outcome of unique strength finding and resilience building. For more information click [here](#).

Young Devon currently provide a range of services for young people. Their EH4MH contribution sees an increase in the provision of face to face counselling. They will also aim to provide participation projects through the secondary schools over the next 5 years. For more information click [here](#).

Young people aged 11 to 18 years will also have access to online advice, self-help tools and counselling through Kooth.com. This is available 365 days a year and interactive counselling is available till 10pm every night. For more information click [here](#).

Torbay Parents Partnership Forum <http://www.torbayppf.org.uk/index.php?page=mental-health-and-behaviour-in-schools>

has developed a resource for school staff on mental health and behaviour to help schools identify and support pupils with an unmet mental health condition by giving schools information and practical advice to help them to do this. It aims to give teachers the confidence to be able to:

- *Differentiate between poor behaviour linked to potential mental health problems and poor behaviour which cannot be explained in this way.*
- *Identify those with less severe problems at an early stage and build their resilience through the schools pastoral system, using external agencies where necessary, and*
- *Identify those with more severe mental health needs and make timely referrals to statutory and/or voluntary agencies, including CAMHS.”)*

[June 2014 Guidance on Mental Health and Behaviour for Schools](#)

Torbay and South Devon’s resources and contacts can be found here
<http://www.torbayandsouthdevon.nhs.uk/services/camhs/>