

## Sources of Information and Support for Schools

### Locally

It is important for schools to be fully aware of what is offered locally to support families and that this is easily accessible to them and staff in various forms. It is recommended that dioceses also signpost support on their webpages.

**Youth Wellbeing Directory** Whether you're a young person, looking for help for yourself or someone you know, or whether you're a teacher trying to help a student find support, the Youth Wellbeing Directory provides a list of local and national organisations for anyone up to the age of 25, along with important information you may find helpful. <https://www.annafreud.org/children-young-people/youth-wellbeing/>

### 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/>

## **Nationally**

**Anna Freud National Centre for Children and Families** is a children's mental health charity with over 60 years' experience of caring for young minds. Our vision is a world in which children and their families are effectively supported to build on their own strengths to achieve their goals in life. The network provides a trusted source of up-to-date and accessible information and resources that school leaders, teachers and support staff can use to support the mental health and wellbeing of the children and young people in their care. <https://www.annafreud.org/about-us/>

**Anxiety UK** work to relieve and support those living with anxiety and anxiety-based depression by providing information, support and understanding via an extensive range of services, including 1:1 therapy. They can provide support and help if a person has been diagnosed with, or suspect they may have an anxiety condition and can also help them deal with specific phobias such as fear of spiders, blushing, vomiting, being alone, public speaking, heights – in fact, any fear that stops a person from getting on with their life. [www.anxietyuk.org.uk/](http://www.anxietyuk.org.uk/)

**Catholic Mental Health Project** supports the Catholic community to further develop spiritual and pastoral care for mental health [www.catholicmentalhealthproject.org.uk/](http://www.catholicmentalhealthproject.org.uk/)

**Charlie Waller Memorial Trust** offers free resources, including guidance and policy templates for use by schools and colleges. [www.cwmt.org.uk/](http://www.cwmt.org.uk/)

**Child Bereavement UK** supports families and educates professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. Every year they train more than 8,000 professionals, helping them to better understand and meet the needs of grieving families.

<https://childbereavementuk.org/>

**Childline** is a free, private and confidential service for children and young people available online, on the phone, anytime facilitated by trained counsellors. The website is easy to navigate and has many interactive resources, advice and sources of support for children and young people.

[www.childline.org.uk/](http://www.childline.org.uk/)

**Child Outcomes Research Consortium (CORC)** is the UK's leading membership organisation that collects and uses evidence to improve children and young people's mental health and wellbeing. Founded in 2002 by a group of mental health professionals determined to understand the impact of their work, today our members include mental health service providers, schools, professional bodies and research institutions from across Europe and beyond. They offer guidance on different wellbeing measurements for schools <https://www.corc.uk.net/for-schools/>

**Education Support Partnership** is the UK's only charity providing mental health and wellbeing support services to all education staff and organisations. [www.educationsupportpartnership.org.uk/](http://www.educationsupportpartnership.org.uk/)

**Fixers: young people's stories** Fixers are young people using their past to fix the future. They are motivated by personal experience to make positive change for themselves and those around them. Fixers have different backgrounds, interests and life experiences, and come from every corner of the UK. They are motivated by a desire to act on an issue that is important to them or a strong desire to help other people. They also have a voice that they want to be heard, whether that's on eating disorders, drugs, offending, cyberbullying or any other issue that is concerning them. Becoming a Fixer allows that to happen. Fixers are heard, understood and respected by others. Fixers choose the issue they want to fix and, using the skills of a team of creative experts, they work out how to make sure their message is heard by the right people, whether that's through a unique film, a leaflet or poster campaign, a website, an event or workshop. Then they use digital, print and broadcast media to make their voice heard as far and wide as possible. [www.fixers.org.uk/home/news.php](http://www.fixers.org.uk/home/news.php)

**HeadMeds: about mental health medicines** HeadMeds is a website for young people about mental health medication, launched in March 2014 and is owned and managed by the national charity YoungMinds. [www.headmeds.org.uk/](http://www.headmeds.org.uk/)

**MeeTwo** a free App that lets users post anonymously and receive support and advice about their worries from other teens. All posts, which cannot be more than 300 characters, are seen by moderators who are trained and have experience in counselling or psychotherapy, so there is no risk of bullying. MeeTwo experts can also post and direct users to help from other organisations. The founders are in discussion with Childline about ways to refer young people to them. In exceptional cases the moderator would contact the emergency services. [www.meetwo.co.uk/](http://www.meetwo.co.uk/)

**Mental Health Access Pack** is a compact, free resource which aims to: equip you with knowledge and advice, from medical, psychological and theological perspectives; help you support those in your community who are struggling with mental health issues; help you to discuss issues and share ideas surrounding mental health and the church. [www.mentalhealthaccesspack.org/](http://www.mentalhealthaccesspack.org/)

**Mental Health Matters** contains information and resources for parishes, dioceses, chaplaincies and church community groups - and anyone else who's interested - to help improve our work with

people experiencing mental illness. The Church is well placed to make a significant difference in the area of mental health. We can be a force to end stigma, and we can also be a place of inclusion, welcome and ministry. Mental Health Matters is working to make mental wellbeing a priority in our churches today. [www.mentalhealthmatters-cofe.org/](http://www.mentalhealthmatters-cofe.org/)

**Mentally Healthy Schools** brings together quality-assured information, advice and resources to help primary schools understand and promote children's mental health and wellbeing. Our aim is to increase staff awareness, knowledge and confidence to help you support your pupils. [www.mentallyhealthyschools.org.uk/](http://www.mentallyhealthyschools.org.uk/)

**Mind** provides trusted advice and support to empower anyone experiencing a mental health problem. Their campaign to improve services, raise awareness and promote understanding. [www.mind.org.uk/](http://www.mind.org.uk/)

**MindEd** MindEd is a free educational resource on children and young people's mental health for all adults. [www.minded.org.uk/](http://www.minded.org.uk/)

**NHS Live Well Youth Mental Health** offers resources and signposting for support from external links [www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx](http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx)

**PAPYRUS** is the national charity for the prevention of young suicide. The website draws from the experience of many who have been touched personally by young suicide across the UK and speak on their behalf in PAPYRUS campaigns and in their endeavour to save young lives. PAPYRUS believe that with appropriate support and education, many young suicides can be prevented. They deliver awareness and prevention training, provide confidential support and suicide intervention through the [HOPELineUK](http://HOPELineUK), campaign and influence national policy, and empower young people to lead suicide prevention activities in their own communities. [www.papyrus-uk.org/](http://www.papyrus-uk.org/)

**Reading Well for young people** Reading Well promotes the benefits of reading for health and wellbeing. The programme has two strands: Books on Prescription and Mood-boosting Books. <http://reading-well.org.uk/books>

**Rethink: living with mental illness** provides expert, accredited advice and information to everyone affected by mental health problems. 'When mental illness first hits you or your family, it can be hard to know who or what to trust.' They give people clear, relevant information on everything from treatment and care to benefits and employment rights. We were the first mental health charity to gain the Information Standard for our trusted and relevant information. [www.rethink.org/living-with-mental-illness/young-people/](http://www.rethink.org/living-with-mental-illness/young-people/)

**Samaritans** work to ensure that fewer people die by suicide by working to alleviate emotional distress and reduce the incidence of suicide feelings and suicidal behaviour. They offer 24 hours a day emotional support for people who are struggling to cope, including those who have had thoughts of suicide, as well as reaching out to high risk groups and communities to reduce the risk of suicide and working in partnership with other organisations, agencies and experts, influencing public policy and raising awareness of the challenges of reducing suicide. [www.samaritans.org/](http://www.samaritans.org/)

**The Charlie Waller Memorial Trust** provides funded training to schools on a variety of topics related to mental health including twilight, half day and full day INSET sessions. [www.cwmt.org.uk/](http://www.cwmt.org.uk/)

**The Children's Society** is a national charity that works with the country's most vulnerable children and young people. We listen. We support. We act. Because no child should feel alone. They work directly with children, develop resources and publications and lobby on behalf of children annually, surveying them as part of their Good Childhood reports. [www.childrenssociety.org.uk/](http://www.childrenssociety.org.uk/)

**The Mind and Soul Foundation** aims to educate – sharing the best of Christian theology and scientific advances; equip – helping people meet with God and recover from emotional distress; encourage – engaging with the local church and mental health services. Of more use to staff and parents, they have a good selection of resources and articles, including the mental health access pack which was developed for churches, offering information on common mental health conditions and pastoral tips for working with those with mental health conditions. [www.mindandsoulfoundation.org/](http://www.mindandsoulfoundation.org/)

**Winston's Wish** provide specialist child bereavement support services across the UK, including in-depth therapeutic help in individual, group and residential settings. [www.winstonswish.org/](http://www.winstonswish.org/)

**YoungMinds** is the UK's leading charity championing the wellbeing and mental health of young people. They offer resources and bespoke training for schools and support for parents and young people. In addition they have a dedicated section on caring for the wellbeing of teachers and school staff. <https://youngminds.org.uk/>