

## **St Saviour's C of E Academy**

### **Mental Health & Well-being**

#### **Children and Young People's Mental Health Trailblazer Pilot 2019- Ongoing**

The Mental Health Support Team from North Staffordshire Combined Healthcare NHS Trust is now working within our school. This team consists of Trainee Educational Mental Health Practitioners and Mental Health Practitioners with a variety of qualifications such as school nurses, social workers and mental health nurses. This team aims to work with our school promoting positive well-being, preventing poor mental health and raising awareness of mental health.

The team will be offering one to one interventions or group work with children and young people over a short period of time, these sessions are aimed to equip children and young people with the tools to effectively maintain positive well-being. The team will work with children and young people around topics such as; worry management, low mood, exam stress, anxiety, difficulties with emotions, panic management, coping strategies, sleep, behavioural difficulties and problem solving.

The team will also be supporting parents/ carers so that children and young people feel able to talk to adults about how they are feeling, normalising discussions around mental health and reducing stigma. The team will also offer parent workshops, parent drop in's and support to implement strategies in the home environment.

The team will be visible in our schools, they will be working with our teachers to help support your children in the classroom, and they will support the introduction of mental health into the curriculum by delivering assemblies and lessons. The team will be attending parents/carers events to give you an opportunity to meet them and ask any questions you may have.