

# Support for school mental health in Wiltshire

Includes:

- Emotional Literacy Support Assistant (ELSA) programme
  - Educational Psychology Service
  - Behaviour Support Service
  - School Nursing Service from HCRG Care Group
  - Early Help provided by Barnardo's, including onyourmind website
  - CAMHS, provided by Oxford Health
  - Wiltshire Healthy Schools Programme
  - Youth Mental Health First Aid training
  - Connect 5 training
  - Reading Well for children (Wiltshire libraries)
  - Staff wellbeing CPD from Organisational Development Team
  - Five to Thrive trauma Informed Practice Training
- + additional local services and school specific services that you provide



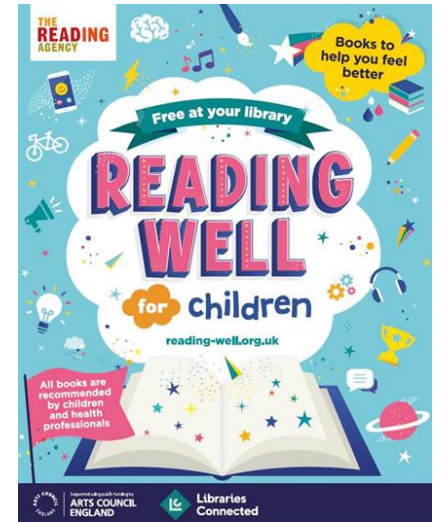
[www.onyourmind.org.uk](http://www.onyourmind.org.uk)

# Current government funded programmes

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The current range of government funded mental health support for schools and colleges includes:

- Wellbeing for education recovery (now used for Five to Thrive training)
- The Link Programme (ended April 2022)
- Relationships, health and sex education (RHSE) training module
- Mental Health Support Teams (MHSTs)
- Psychological first aid training
- Senior Mental Health Leads Training
- **+ local forum**



Wiltshire Young People's Mental Health Network: email [WLCommissioning@wiltshire.gov.uk](mailto:WLCommissioning@wiltshire.gov.uk) to join

# Emotional wellbeing and mental health

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Links to this support and more can be found on the Wiltshire Healthy Schools website and Right Choice.



## 2022 YMhFA central training dates

Youth Mental Health First Aid - half day course (online) @ £70 per person

Wednesday 23<sup>rd</sup> November 2022 ½ day online

More ½ day (online) and 2 day (face to face) courses to follow

[www.wiltshirehealthyschools.org/partnership-projects/youth-mental-health-first-aid](http://www.wiltshirehealthyschools.org/partnership-projects/youth-mental-health-first-aid)

[www.wiltshirehealthyschools.org/core-themes/emotional-health-and-wellbeing](http://www.wiltshirehealthyschools.org/core-themes/emotional-health-and-wellbeing)

# HarmLESS

<https://harmless.nhs.uk>

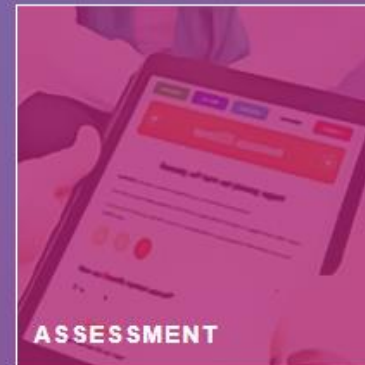
## harmLESS

**harmLESS** is a resource for those who have contact with young people who are self-harming.

It is designed to help you talk about self-harm with a young person so that you can decide what support might be helpful.

### IMPORTANT

**harmLESS** is a guide. If you are still unsure or worried about a young person then phone your local CAMHS team.



# Mental Health Strategy website for Wiltshire schools

You can use this to consider your school's approach and find resources.

Have a look at this for a few minutes.

The screenshot shows the website's navigation bar with links for Home, Early Years settings, Primary schools, Secondary schools, and Post 16 settings. The main heading is "Emotional wellbeing and mental health strategy". Below this, there is introductory text about the role of schools in supporting children's mental health and a paragraph explaining the Wiltshire Healthy Schools programme. A central graphic consists of four overlapping diamond shapes in orange, green, pink, and teal, each containing text: "early years settings", "primary schools", "secondary schools", and "post 16 settings". Below the graphic, there is further text about the resource's purpose and a call to action: "Click a coloured icon above to start". The footer contains copyright information, site map, terms & conditions, and privacy policy links, along with logos for Healthy Schools Wiltshire, NHS, and Wiltshire Council.

Home Early Years settings Primary schools Secondary schools Post 16 settings

## Emotional wellbeing and mental health strategy

Schools and other educational settings have a key role to play in helping their children succeed by supporting them to be resilient and mentally healthy. Supporting children and young people's social and emotional wellbeing contributes to positive academic progress.

From a review of evidence, a whole school approach is key to making a difference. The **Wiltshire Healthy Schools** programme provides schools with a tool to help them audit their current provision and gain accreditation for meeting key criteria across a wide range of issues relating to health and wellbeing.

**early years settings** **primary schools** **secondary schools** **post 16 settings**

This resource will enable Wiltshire schools and other settings to review their strategic approach to emotional wellbeing and mental health, audit related provision, consider suggestions for development and access local and national sources of support.

The recommendations presented are based on the current evidence base.

**Click a coloured icon above to start**

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Healthy Schools Wiltshire NHS Both and North East Somerset, Swindon and Wiltshire Local Partnership Wiltshire Council

[www.wiltshirehealthyschools.org/mental-health-home](http://www.wiltshirehealthyschools.org/mental-health-home)

# Wiltshire Healthy Schools

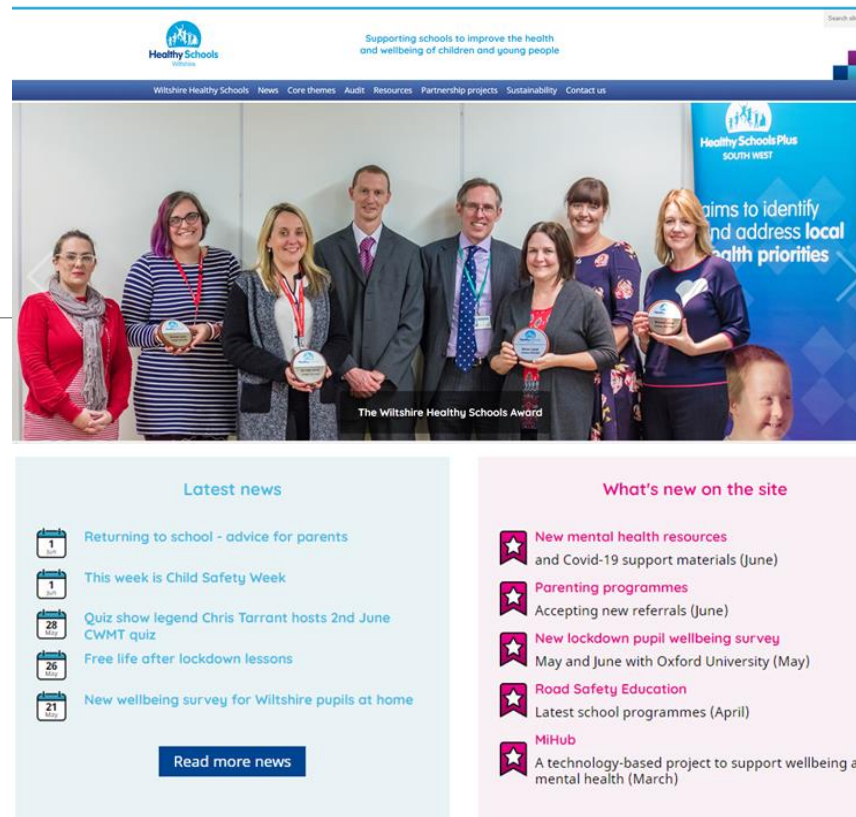
Whole school audit and accreditation programme

£150 per level or every 3 years.

News, links cpd and resources on website.

124 Wiltshire schools currently engaged.

[www.wiltshirehealthyschools.org](http://www.wiltshirehealthyschools.org)



Healthy Schools  
WILTSHIRE



Healthy Schools  
WILTSHIRE



# The Wiltshire Healthy Schools process



**The Whole School Approach**

**PSHE**

**Healthy Weight**

**EWMH**



# A whole school mental health audit

**Audit**

- Themes
- Case Study
- Account
- Logout

**Right Choice**

## Box CofE Primary School: Gold Award Themes

**Awards Gold**

You can now submit your work for assessment and review.

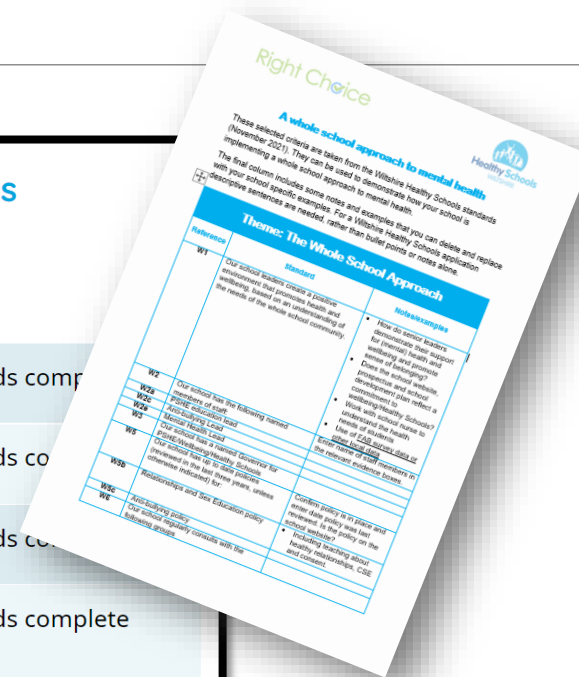
Theme	Action	Status
The whole school approach	Update criteria	All standards complete
PSHE education	Update criteria	All standards complete
Healthy weight	Update criteria	All standards complete
Emotional wellbeing and mental health	Update criteria	All standards complete

All standards complete, well done!

**Print your progress**

Complete Audit  
 This theme Please select -->  
 Case study

[Download PDF](#)



Download the document: “whole school approach to mental health” (5 sides)

You can use this to audit your whole school mental health provision and provide evidence of implementation.

And you will be well on the way to achieving Wiltshire Healthy Schools accreditation!