

Mental Health

Free information and resources for schools

DSPL | Delivering Special Provision Locally

Achieving quality outcomes

Dacorum

Information and free resources to help children and young people in your school achieve good mental health and wellbeing.



Supporting Children and Young People's Mental Health—Good Practice

Trained SLT lead for mental health and wellbeing to ensure consistent implementation of policy. Whole school approach developed and owned by whole school. School committed to a therapeutic approach to managing behaviour such as “Hertfordshire Steps” programme. Appropriate training so staff understand the link between mental health, behaviour and learning.

Tier 1—Prevention and Early Intervention



<http://healthyyoungmindsinherts.org.uk/>

The CAMHS Transformation website. Free resources aimed at young people, parents and carers, and professionals. Links to local organisations and advice on how to make a referral if you have concerns. Schools can register to access a variety of tools and resources on this website including referral forms, training slides, a whole school review tool etc.

YOUNGmINDS

youngminds.org.uk

The UK's leading charity committed to improving the wellbeing and mental health of children and young people. It provides resources, training and a helpline for parents.

Leading Mental Health in Hertfordshire Newsletter

This is sent out termly by the CAMHS Transformation Team and is circulated to schools by the DSPL Team.



MindEd

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www.minded.org.uk

Free educational resource on children and young people's mental health for all adults. There's a section for non mental health professionals, a section for counsellors and a section for families.

School Family Workers

All schools in Dacorum have a designated School Family Work Service. School Family Workers are trained to support school pupils and their families.

Emotional distress may be related to a social or practical issue. Therefore a family intervention to address this may be the best way to reduce the emotional distress.

Delivering Special Provision Locally (DSPL)

Dacorum DSPL has produced a “Dacorum Guidance to Mental Health and Wellbeing Support in Schools” document to help schools to better support pupils. To view this document go to:

<http://www.dacorumspl.org.uk/social-emotional-and-mental-health/>

These websites have been produced by health professionals in consultation with children and young people. Both have sections on 'Feelings' which address mental health issues. Health for Kids includes information for parents and carers.

Tier 2— Emerging Needs

Chat Health is the school nurse text messaging service for all secondary school aged pupils. It is a confidential service and available Monday to Friday from 9am to 5pm. Young people can message for advice on all kinds of health issues such as sexual health, emotional health and wellbeing, bullying, healthy eating and any general health concerns. The text number is: **07480 635050**. Find out more at www.hct.nhs.uk/our-services/school-nursing/



Step 2 is an Early Intervention Child and Adolescent Mental Health Service for children and young people in Hertfordshire aged 0-19. Step2 receives written referrals for direct family/child support from any professional across Hertfordshire. Single Point of Access Number (SPA): 0300 777 0707

<https://www.hct.nhs.uk/our-services/step-2-camhs/>



Signpost is a local charity which provides counselling, coaching and other support to help young people aged 11-25 and living in South and West Hertfordshire overcome problems in their lives. <http://signpostcounselling.co.uk/>



Age 16+: The Well Being Service

<http://talkwellbeing.co.uk/>

NHS service for anyone over the age of 16 – older pupils, parents and staff. The Well-being Service offers free, confidential talking therapy and practical support for people experiencing common emotional difficulties such as, anxiety, worry, low mood, depression and stress. Anyone can refer themselves or be referred through their GP.



Age 10-25:

www.kooth.com

Online counselling and wellbeing support. Confidential counselling, and 'live' group chats that are moderated. Available to young people aged 10 to 25 with a GP in Hertfordshire.

Tier 3—Targeted services, additional/complex needs



NHS Specialist CAMHS

<https://www.hpftcamhs.nhs.uk/>

Any professional (including schools) can refer directly to specialist CAMHS with consent from the family. Contact the single point of access on 0300 777 0707. Specialist CAMHS is a service for children and young people with severe, complex and persistent mental health problems.