

SOUTH STAFFORDSHIRE MHST



OFFERINGS OF SUPPORT IN LINE
WITH THE WHOLE SCHOOL
APPROACH TO MENTAL HEALTH
AND WELLBEING



WHOLE SCHOOL APPROACH



A mentally healthy school is one that adopts a whole-school approach to mental health and wellbeing.

A whole-school approach involves all parts of the school working together and being committed. It needs partnership working between senior leaders, teachers and all school staff, as well as parents, carers and the wider community.

Anna Freud - Mentally Healthy Schools



SCHOOL STAFF TRAINING



An introduction to MHST

- An overview of your MHST and what do we do.
- An explanation of the referral process and what information is required in a referral to the MHST.
- An introduction to the whole school approach and how staff can play their part in achieving a mentally healthy school.

 Duration: 45 mins - 1 hour

Mental Health Awareness

- An overview of Mental Health Awareness.
- What is mental health?
- The Importance of language used.
- Looking at the 5 areas model.
- Common triggers within different difficulties.
- Additional considerations.
- Self-help guidance.
- Staff self-care.

 Duration: 45 mins - 1 hour

Using school based outcome measures

- What are Routine Outcome Measures and why use them?
- The effects of mental health on education.
- An overview of consent.
- Evidence based methods.
- A whole school approach to mental health.

 Duration: 1 hour

An introduction to anxiety, low mood, worry and panic

- Looking at the different presentations and how to identify them.
- How you can engage in conversations with young people around the different presentations.
- What school can do to help children and young people.

 Duration: 1 hour

An introduction to emotional regulation

- What is emotional regulation?
- The importance of emotional literacy.
- How to introduce regulation skills and calming strategies in the classroom.

 Duration: 1 hour

PARENT/CARER WORKSHOPS



An introduction to sleep hygiene

- What is sleep hygiene?
- How sleep affects our mental health.
- How to establish a good bedtime routine.

 Duration: 1 hour

An introduction to anxiety

- What is anxiety?
- How to talk to your child about anxiety.
- Ways to manage anxiety at home.

 Duration: 1 hour

An introduction to worry

- What is worry?
- How to talk to your child about their worries.
- Ways to manage worries at home.

 Duration: 1 hour

An introduction to low mood

- What is low mood?
- How to talk to your child about low mood.
- Ways to manage low mood at home.

 Duration: 1 hour

An introduction to exam stress

- What is exam stress?
- Signs and symptoms of exam stress.
- Ways to support your child with exam stress at home.

 Duration: 1 hour

An introduction to keeping active

- The importance of keeping active.
- How exercise affects our mental health.
- Ways to help your child keep active.

 Duration: 1 hour

The impact of social media on mental health

- What is social media?
- How social media affects our mental health.
- How we can manage social media safely.

 Duration: 1 hour

ASSEMBLIES AND WORKSHOPS



For the following topics, we are able to offer a choice of Assemblies (duration: 30 minutes) or Workshops (duration: 1 hour).

Talking about mental health

- What is mental health?
- Looking at mental health stigma.
- How to open up the conversation about mental health.
- Talking about mental health.

Recommended
school years
5 - 13

Feelings and emotions

- What are feelings and emotions?
- How do we know what we are feeling?
- How can we begin to control our feelings?

Recommended
school years
1 - 13

Coping with worry

- What is worry?
- How worry affects our mental health.
- Ways to manage worries at home.

Recommended
school years
3 - 13

Friendships

- Friendship and what it means.
- How to be a good friend.
- Making friends.
- Resolving conflict with others.

Recommended
school years
1 - 13

Healthy relationships

- What is a healthy relationship?
- Different types of relationships.
- The fundamentals of a healthy relationship.

Recommended
school years
7 - 13

The importance of being kind

- What is kindness?
- How we can be kind to others.
- Acceptable and unacceptable behaviour.

Recommended
school years
7 - 13

Keeping active

- The importance of keeping active.
- How exercise affects our mental health.
- Ways to keep active.

Recommended
school years
3 - 13

Managing exam stress

- What is exam stress?
- Signs and symptoms of stress.
- Ways to manage exam-related stress.

Recommended
school years
6 - 13

Managing transition

- Embracing change.
- Friendships and relationships.
- Organisation.
- Worry management.
- Endings and new beginnings.

Recommended
school years
6 - 7

Sleep hygiene

- What is sleep hygiene?
- How sleep affects our mental health.
- How to establish a good bedtime routine.

Recommended
school years
7 - 13

The impact of social media

- What is social media?
- How social media affects our mental health.
- How we can manage social media safely

Recommended
school years
5 - 13

FURTHER SCHOOL SUPPORT



Drop in clinics

Drop-in clinics are often run during a lunch break and are open for students to come and speak to us, find out who we are and what we are able to offer. We can also offer themed drop ins so if a student is struggling with something in particular such as sleep or exam stress. We are able to offer tips around self-help and give guidance on where to get further support should they need it

School staff support

We know that working in a school can take up a lot of energy and time. Working with a whole school approach to mental health this means we also ensure support is available for staff. We may be able to offer consultation sessions, staff reflection sessions or ways to improve staff wellbeing in school.

PSHE support

The team are more than happy to offer advice and resources to support with relevant PHSE lessons. We have additional resources to support Social and Emotional Learning for all ages and would be happy to discuss this further around your school-specific needs.


CONTACT YOUR MENTAL HEALTH SUPPORT TEAM

If you would like to book in for any of our Whole School Approach offerings please get in touch with your designated practitioner who can look into arranging this with you.

If there is something that you would like support with that hasn't been outlined in our brochure, please contact us. We will try and discuss your school's needs further and look at how we may be able to help.


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