

Framework and Needs Assessment



Mental Health and Resilience in Schools (MHARS) Self assessment sets out 7 key areas for good mental health, wellbeing & resilience. We will support you to assess your current practice, support development & celebrate good practice.



5 Ways to Wellbeing Award- Based on a framework of 5 everyday activities that boosts children's wellbeing. Schools can achieve the award by imbedding these activities into everyday school life



School Council sessions are available to support pupils to make a difference in their school as part of the 5 ways to wellbeing award

Readiness to deal with death and suicide



Help when we need it most guidance- how to prepare and respond to suicides in schools- Guidance to be imbedded within bereavement policy to ensure schools are prepared to respond to suicide appropriately reducing the risk of further suicides in staff, pupils and the school community.



Guidance on bereavement policies available from CBUK <u>https://www.childbereavementuk.org/primary-school-bereavement-</u> policy

For Staff – Wellbeing



Staff Wellbeing Workshop Helps staff to reflect on what impacts their wellbeing within school and explore possible solutions as a school to improve staff wellbeing.



Stress Awareness Training Helps staff understand how the body reacts to stress, the impact it has on our mental health and ability to function at work and introduce tools to reduce stress. Remploy in partnership with MAXIMUS

The Access to work mental health support services

Confidential and vocational support for employees who are struggling with their mental health provide a range of support and interventions

Staff Training provided by Healthy Schools



Basic Mental Health Awareness Training- Provides a basic knowledge of children and young people's mental health including; risk and resilience factors, wellbeing, resilience and support available.



Self-Harm Awareness Training- Provides a basic knowledge of self-harm including; why young people self-harm, risk factors to look out for, tips for talking about self-harm and support available

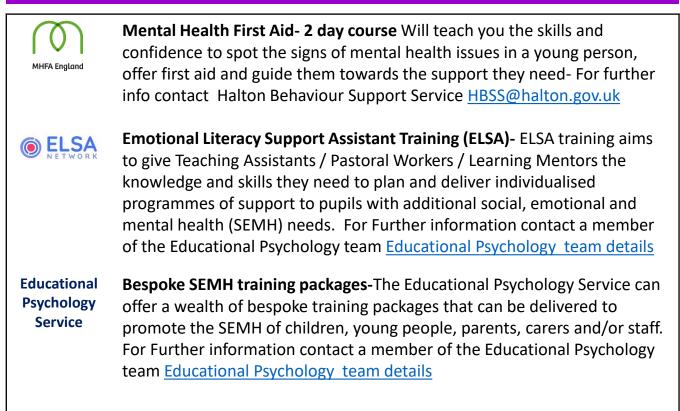


Resilience workshop- Provides an overview of the resilience framework and how it can be used to build children and young peoples resilience.



Mental health awareness for managers-Provides managers and supervisors with knowledge and resources to support staffs mental health and wellbeing

Recommended Training





CAMHS- Halton CAMHS offer a variety of training to any professionals working with children, young people and families. For details of the training provided by CAMHS please contact <u>HaltonTier2.CAMHSTraining@nwbh.nhs.uk</u>

Specialist support available



Educational Psychology team- Work with Families, schools and other professionals to bring about positive change for children and young people where there are concerns about their learning, behaviour or emotional wellbeing. For Further information contact a member of the Educational Psychology team <u>Educational Psychology team details</u>



Halton Behaviour Support Service-Work collaboratively with schools across the primary and secondary age range to embed a culture of consistency of practice, promote positive behaviour management policies, techniques and strategies. Offers Mental Health First Aid Training For further information contact <u>HBSS@halton.gov.uk</u>



Nurturing Approach - Nurture is a whole school approach which involves developing physical, social and emotional resilience, in order to allow children and young people to thrive. There are also regular network meetings to provide support and training for schools. For further information visit <u>Nurture Info</u>



CAMHS- Support children and young people up to age 18 with their emotional and mental health and wellbeing. For further information or to contact CAMHS visit Halton Child and Adolescent Mental health Service

Name of school	Name of Staff member	Title	Email		
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For Staff – Wellbeing					
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Staff Training provided by Healthy Schools					
Mental health Awareness Self Harm Awareness Resilience workshop Mental Health Awareness for managers					
Specialist support available					

Would you like to receive more information on specialist support available?

Educational Psychology	
Halton behaviour Support Service	
Nurture	
CAMHS	