

## Mental Health & Wellbeing

### Health Improvement Team

#### **"You're never too young to talk" mental health campaign**

This mental health campaign has been developed by the Anna Freud National Centre for children and families and is targeted at Year 6 to help them understand what mental health is and the difference between every day small feelings and big feelings. The tool kit is free of charge and includes; lesson plan, assembly plan, set of cross curricular activities, leaflet for parents and resources. The Health Improvement Team can provide support to help you establish the campaign within your school.

#### **5 Ways to Wellbeing Award**

This is a local award based on a framework of 5 everyday activities that boosts children's wellbeing, these activities are; be active, connect, give, keep learning and take notice. Schools are invited to work towards achieving the award by embedding these activities into every day school life along with promotion of the 5 ways to wellbeing message to pupils so they are aware of what types of activities can help them to feel good and cope better. The Health Improvement Team can provide support and guidance to help schools achieve this award.

#### **In Your Corner campaign**

A short mental health campaign developed by Time To Change which teaches students they don't need to be an expert to support their mate through tough times. The campaign involves four sessions which last around 10 minutes. The sessions are ready to run and include power point presentations, written instructions and general guidance notes. Each session is interactive using videos, quizzes and space for discussion. The four sessions cover; mental health and my mates, mental health and me, what is mental health and in everyone's corner.

#### **A framework for mental health and resilience in schools (MHARS)**

The MHARS Framework sets out the components of school practice and ethos that effectively develop resilience, promote positive mental health and support children at risk of, or experiencing mental health problems. Schools can audit their current practice against the MHARS Framework to recognise what they are doing well and highlight any gaps. The Health Improvement Team can provide support and guidance with this process.

#### **Basic Mental Health Awareness**

Training is approximately 3 hours and is for anyone who works with children and young people in Halton. The training will raise awareness of mental health problems in children and young people, recognise risk and resilience factors, explore wellbeing and resilience and understand support available.

## **Self Harm Awareness training**

Training is approximately 2 hours and is for anyone who works with children and young people in Halton. The training offers practical advice and guidance around asking about self-harm and the language to use when talking to children and young people. The training introduces you to and explains how and when to use the updated Self-Harm pathway for children and young people in Halton.

## **Suicide prevention training**

Training is approximately 3 hours and is for anyone who works with children and young people in Halton. The aim of the training is to reduce the prevalence of suicidal thoughts, attempts and deaths. The training will explore knowledge and attitude relating to suicide and will enable participants to identify children and young people who are potentially at risk of suicide, assess risk and connect to appropriate support.

## **Help when we need it most: How to prepare for and respond to suicides in schools and colleges**

Nobody likes to think about a death in school. Yet suicide is a leading cause of death for young people in the UK and Republic of Ireland. Sadly it is always a possibility that a student, parent or member of staff might choose to take their own life. However upsetting this must be, schools play an important role in reducing the likelihood of copycat behaviour and helping recovery by preparing and responding to the situation properly. This document developed by the Samaritans guides you through the process of preparing for and responding to suicide appropriately and constructively, in order to help rebuild the wellbeing of the school community and reduce the risk of further deaths. The guidance is based on research and best practice concerning suicide response within school communities from across the world. The Health Improvement team can support you to prepare a suicide response plan for your school or college.

**For details of any of these programmes contact Kate Bazely at Halton Health Improvement Team**

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