



“The academies within our Trust have developed a ‘Mental Health Charter’ to ensure all our community engage with the service as and when appropriate. The service is invaluable to our pupils, staff and parents”
Link Worker - Local High School

Supervision

Whilst regular supervision for other wellbeing practitioners such as psychologists and social workers is mandatory, for those at the forefront of education it is not! It is understandable therefore that many schools may resist introducing this service due to dwindling budgets, but the benefits can be proven to far outweigh the risks and costs.

Essentially, supervision is a non-judgemental, collaborative process that allows all education practitioners to feel supported and gain the opportunity to reflect on their practice, relationships, and the emotional demands of their role. It also offers a vital channel of communication and supports their ongoing development. Group reflective supervision strengthens their emotional resilience and reminds them that they are not carrying their burden alone.

One to one counselling

Our solution-focussed counselling offer extends to staff and is used by a wide range of local schools and businesses to support employees. We offer rapid access to face to face or remote sessions.

“It’s deeply worrying to see that as many as a quarter of young people aged 17-19 are now experiencing a mental health problem, up from 1 in 6 in 2021 and 1 in 10 in 2017. Among 7-16 year olds, rates have stayed consistently high with 1 in 6 facing a mental health problem since the onset of the pandemic”
Sophie Corlett, Interim CEO for Mind (Dec 2022)



To enquire further about our bespoke educational services, please call us on **01782 262100** or email us at **schools@nsmind.org.uk**

Registered Charity (No 700788)



At North Staffs Mind we believe that children need to learn to be happy, before they are happy to learn.

How we help schools...

Improving mental health support for young people!

School-based interventions - A Win Win!

In addition to being a learning environment schools are an important source of friends, social networks and adult role models, all of which can have a significant influence on a young person's development. Schools are an ideal base from which to provide mental health support. All children can benefit including those with less supportive home environments, from families under additional stress and those struggling from the lasting effects of the covid pandemic.

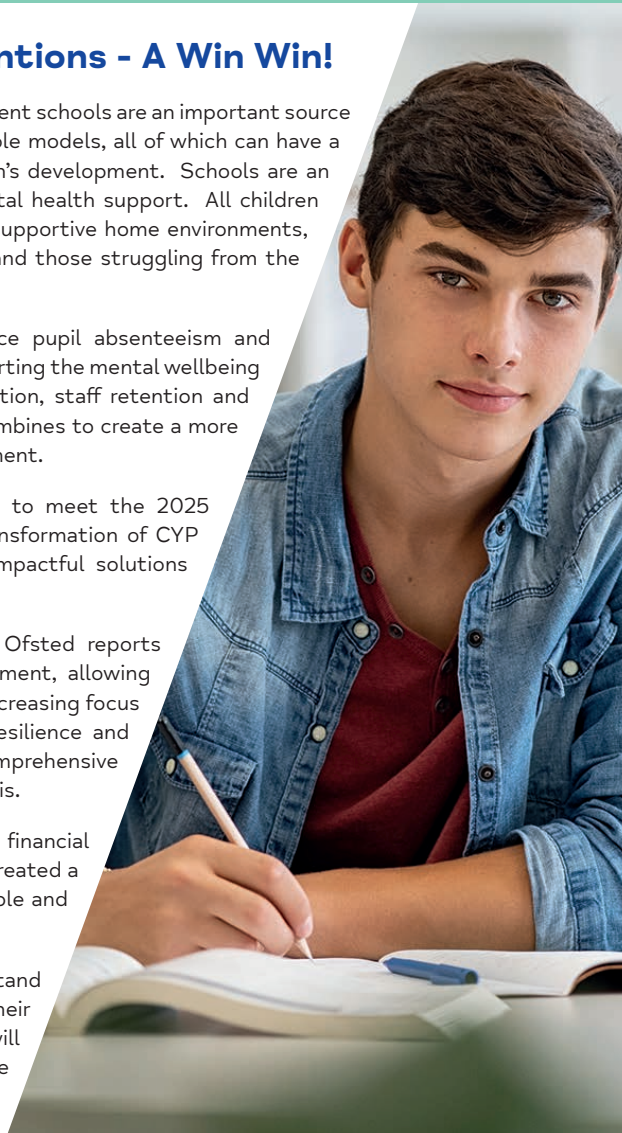
School-based interventions can reduce pupil absenteeism and improve academic achievement. Supporting the mental wellbeing of staff can help improve job satisfaction, staff retention and reduce sickness absence. All of this combines to create a more positive and enabling learning environment.

Our services aim to support schools to meet the 2025 Green Paper deadline and achieve transformation of CYP mental health through establishing impactful solutions with positive measured outcomes.

We also support schools with their Ofsted reports including evaluating personal development, allowing for the moral development of pupils, increasing focus and engagement in lesson and the resilience and CPD of staff members. We provide comprehensive reports and information to facilitate this.

We appreciate the tremendous financial pressures that schools face and have created a suite of services that are both affordable and highly competitive.

We will work with your team to understand your school, its staff and pupils and their specific wellbeing requirements. We will translate this into a bespoke package proposal that matches your wellbeing aspirations and available budget.



“The community had a difficult period in the summer of 2018, when a student passed away in tragic circumstances. The support of their School Counselling Service was invaluable”

Link Worker - Local High School



“North Staffs Mind's CYP service is embedded within our school and has helped numerous children over the years through some tough times. To our school, this service is invaluable”

Link Worker - Local Primary School

STUDENTS

1 to 1 Counselling

1 to 1 counselling takes place on an individual basis between a student and one of our specialist counsellors. Counsellors offer an integrative approach to therapy ensuring that students get the support that is right for them. The sessions are conducted within the school or remotely via video or telephone, if requested. We offer rapid access to counselling which means your pupils won't have to sit on a lengthy waiting list for support from external agencies.

Student Workshops

We offer a range of formal and informal workshops, all of which can be tailored to your school's individual needs. Our fully qualified counsellors have extensive experience within the field of young people's mental wellbeing. As well as letting students know they are not alone we can support them to understand and accept their feelings, fears and emotions. We challenge any stigmas that surround mental wellbeing which enables participants to strengthen their emotional resilience and to rebuild self-esteem and confidence.

STAFF

Training and Workshops

Support Staff, SENCo, Pastoral Staff and Teachers, all play a vital role in the mental welfare of their students as they see them on an almost daily basis. Hence, they are the most likely to notice subtle changes in behaviour, but only if they know what to look for. That is why it is so important to provide mental health training for staff, in order to equip them with the tools necessary to identify and assist a student experiencing mental health issues at an early stage. Having the skills to spot a student in need early enough can make all the difference.

As Teachers, together with GP's and Social Workers, constitute 'tier 1' of the Child and Adolescent Mental Health Service (CAMHS) they are only expected to offer general advice and treatment for less severe issues. In practice, teachers often end up providing more critical support for children across the whole spectrum of need, because of the difficulties in accessing specialist support services.



“The children have been given the opportunity to talk through their concerns with someone independent from school, but within their comfort zone of the school environment”

Link Worker - Local Primary School