



Support in Education

More children and young people need our help

North Staffs and Cheshire Mind have over 60 years collective experience of providing mental wellbeing services within local communities.

“We believe that children need to learn to be happy, before they are happy to learn.”

1 in 5 young people struggle with their mental health*. The earlier a young person gets help, the more effective that help will be.

We have been providing support in schools for over 15 years for students and staff. We have worked with thousands of young people to better equip them for life's challenges, and we take pride in offering the right support, at the right time.



* The Big Mental Health Report 2024

Why work with us?

- We are experts in mental health and experienced in making schools mentally healthier
- Our School Practitioners have supported thousands of people within the education sector
- School-based interventions can reduce pupil absenteeism and improve academic achievement
- Our services aim to support schools to meet the Green Paper deadline and achieve transformation of CYP mental health through establishing impactful solutions with positive measured outcomes
- We support schools with their Ofsted reports including evaluating personal development, allowing for the moral development of pupils, increasing focus and engagement in lessons and the resilience and CPD of staff members
- We provide comprehensive reports and information to facilitate this
- Free added value workshops offered to commissioning schools, delivered by our experts to build students' emotional resilience
- We are a registered charity so when you work with us, you're supporting better mental health for local communities



Student Focused

How can we help?

Wellbeing Sessions

We work with young people who would like coping skills and strategies, by focusing on specific goals using solution focused and cognitive behavioural skills.

Presenting issues could be things such as low-level anxiety, anger, low level issues with school, low mood, self-esteem, relationships, sleep or exam stress.

“The counsellors are very good at supporting our students, and are flexible in situations when clients are not in school and good at liaising with link staff.”

“Having the time to talk to someone I trust makes me happy.”

Decider Skills

Underpinned by Dialectical Behaviour Therapy based skills the Decider Life Skills promotes proactive mental health and emotional wellbeing enabling everyone to learn effective coping skills before they need them and builds resilience.

By proactively teaching our young people evidence based and effective skills to recognise their own thoughts, feelings and behaviours, we enable them to monitor and manage their own emotions and mental health reducing the impact of emotional distress empowering them to become resilient, robust, reflective, resourceful & responsible.

“The dedication and commitment that we have seen from our school counsellor team has been incredible.”

“The opportunity for students to be listened to by someone not employed by the school serves as a huge comfort for them and [any issues they are experiencing in their lives].”

Counselling

Our counsellors offer an integrative approach to therapy ensuring that students get the support that is right for them. Sessions enable the understanding and exploration of issues, development of interventions, strategies, goal setting, preventative information, practical exercises and signposting.

Student Workshops

We believe in enhancing our support offer. If you work with us, we will provide a choice of workshops, one day per term in school, delivered by our experienced Maccas team at no extra cost.

(See the Maccas story at www.maccasproject.com)

These workshops focus on prevention and early intervention, supporting mental and emotional wellbeing, and enabling students to strengthen their emotional resilience.

They can be delivered to whole class groups, targeted groups or year groups and if availability allows, we can coincide them with your PSHE days.

“An excellent service that makes a real difference to our pupils.”

“The service that is provided by our allocated counsellor is 100%.”



Student Focused



Staff Focused

How can we help?

As Teachers, together with GPs 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. 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.

Supervision – One to One or Groups

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 the burden alone.

One to One Counselling

Our solution-focused 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.

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, 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 can make all the difference.

Some of the training courses we offer:

- **Children and Young People Suicide Awareness and Prevention**
- **LGBTQ+ Inclusivity within Mental Health**
- **Mental Health Awareness**
- **Wellbeing and Resilience in the workplace**
- **Understanding and managing stress**
- **Managing Mental Health in the Workplace**
- **Understanding Loss and Grief**
- **Menopause and Mental Health**

“The supervision for key staff who deal directly with disclosures and exceptionally vulnerable young people has been hugely impactful and a wonderful form of support for them. I would highly recommend this opportunity for school leaders to consider.”

A woman with blonde curly hair, wearing a white blazer over a white top and dark blue striped trousers, is smiling and gesturing with her hands as if speaking to a group of people. The background is a plain, light-colored wall. In the foreground, the backs of several people's heads are visible, suggesting she is addressing a group.

Staff Focused



To enquire about pricing or further information about our bespoke educational services, please call us on

01782 262100

or email us at **schools@nsmind.org.uk**

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