

Support for school mental health in Wiltshire

- Emotional Literacy Support Assistant (ELSA) programme
 - Educational Psychology Service
 - Behaviour Support Service
 - School Nursing Service from HCRG Care Group
 - Early Help provided by Barnardo's, including onyourmind website
 - SHOUT – Text WILTS to 85258
 - CAMHS, provided by Oxford Health
 - Wiltshire Healthy Schools Programme
 - Youth Mental Health First Aid training
 - Connect 5 training
 - Reading Well for children (books from Wiltshire libraries)
 - Staff wellbeing CPD from Organisational Development Team
 - Five to Thrive trauma Informed Practice Training
- + additional local services and school specific services that you provide

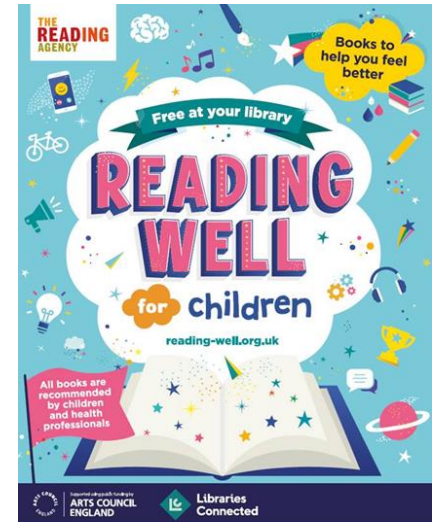


www.onyourmind.org.uk

Current government funded programmes

The current range of government funded mental health support for schools and colleges includes:

- Wellbeing for education recovery (now used for Five to Thrive training)
- The Link Programme (ended April 2022)
- Relationships, health and sex education (RHSE) training module
- Mental Health Support Teams (MHSTs)
- Psychological first aid training
- Senior Mental Health Leads Training
- **+ local forum**



Wiltshire Young People's Mental Health Network: email WLCommissioning@wiltshire.gov.uk to join

Emotional wellbeing and mental health

Links to this support and more can be found on the Wiltshire Healthy Schools website and Right Choice.



2023 YMHFA central training dates

Thursday 26th and Friday 27th January 2023 – 2 day, 9-5pm @ Trowbridge Rugby Club (£100)

Monday 20th March 2023 - ½ day online (£70)

www.wiltshirehealthyschools.org/partnership-projects/youth-mental-health-first-aid

www.wiltshirehealthyschools.org/core-themes/emotional-health-and-wellbeing

HarmLESS

<https://harmless.nhs.uk>

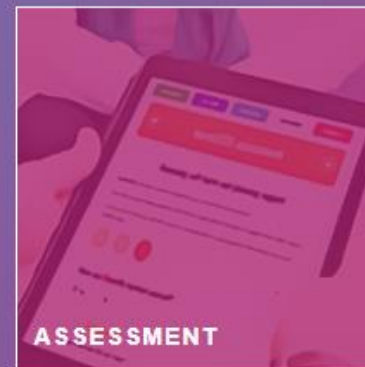
harmLESS

harmLESS is a resource for those who have contact with young people who are self-harming.

It is designed to help you talk about self-harm with a young person so that you can decide what support might be helpful.

IMPORTANT

harmLESS is a guide. If you are still unsure or worried about a young person then phone your local CAMHS team.



Mental Health Strategy website for Wiltshire schools

You can use this to consider your school's approach and find resources.

Have a look at this for a few minutes.

The screenshot shows the homepage of the 'Emotional wellbeing and mental health strategy' website. At the top is a navigation bar with a logo and links for 'Home', 'Early Years settings', 'Primary schools', 'Secondary schools', and 'Post 16 settings'. The main heading is 'Emotional wellbeing and mental health strategy'. Below this, a paragraph states: 'Schools and other educational settings have a key role to play in helping their children succeed by supporting them to be resilient and mentally healthy. Supporting children and young people's social and emotional wellbeing contributes to positive academic progress. From a review of evidence, a whole school approach is key to making a difference. The Wiltshire Healthy Schools programme provides schools with a tool to help them audit their current provision and gain accreditation for meeting key criteria across a wide range of issues relating to health and wellbeing.' Below the text are four large, colorful diamond-shaped icons representing different educational levels: 'early years settings' (orange), 'primary schools' (green), 'secondary schools' (pink), and 'post 16 settings' (teal). A call to action says 'Click a coloured icon above to start'. At the bottom, there is a footer with copyright information, site map, terms & conditions, privacy policy, and logos for 'Healthy Schools Wiltshire', 'NHS Bath and North East Somerset, Swindon and Wiltshire', and 'Wiltshire Council'.

Home Early Years settings Primary schools Secondary schools Post 16 settings

Emotional wellbeing and mental health strategy

Schools and other educational settings have a key role to play in helping their children succeed by supporting them to be resilient and mentally healthy. Supporting children and young people's social and emotional wellbeing contributes to positive academic progress.

From a review of evidence, a whole school approach is key to making a difference. The **Wiltshire Healthy Schools** programme provides schools with a tool to help them audit their current provision and gain accreditation for meeting key criteria across a wide range of issues relating to health and wellbeing.

early years settings **primary schools** **secondary schools** **post 16 settings**

This resource will enable Wiltshire schools and other settings to review their strategic approach to emotional wellbeing and mental health, audit related provision, consider suggestions for development and access local and national sources of support.

The recommendations presented are based on the current evidence base.

Click a coloured icon above to start

© 2021 Wiltshire Healthy Schools, all rights reserved.
Site map | Terms & conditions | Privacy policy

Healthy Schools Wiltshire NHS Bath and North East Somerset, Swindon and Wiltshire Wiltshire Council

www.wiltshirehealthyschools.org/mental-health-home

Wiltshire Healthy Schools

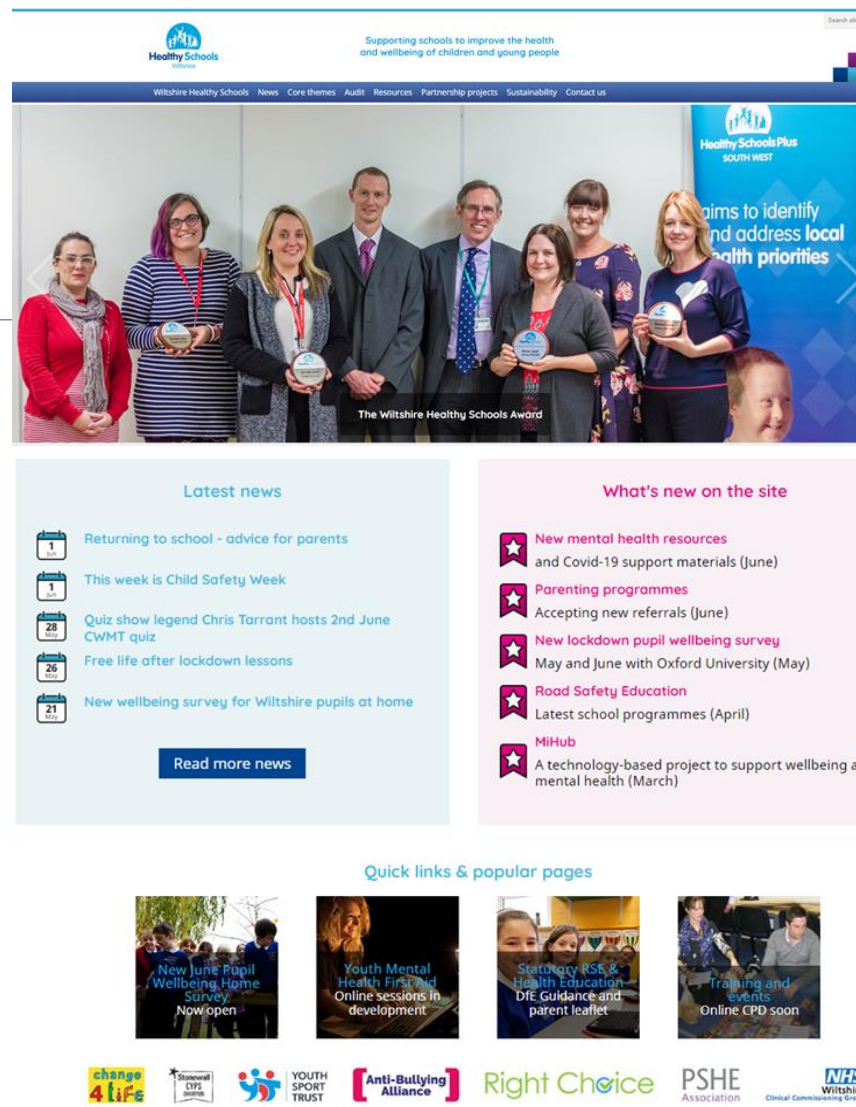
Whole school audit and accreditation programme

£150 per level or every 3 years.

News, links cpd and resources on website.

124 Wiltshire schools currently engaged.

www.wiltshirehealthyschools.org



The Wiltshire Healthy Schools process



**The Whole
School
Approach**

PSHE

Healthy Weight

EWMH



A whole school mental health audit

Audit

Themes

Case Study

Account

Logout

Right Choice

Box CofE Primary School: Gold Award Themes

Awards

Gold

You can now submit your work for assessment and review.

The whole school approach	Update criteria	All standards complete
PSHE education	Update criteria	All standards complete
Healthy weight	Update criteria	All standards complete
Emotional wellbeing and mental health	Update criteria	All standards complete

All standards complete, well done!

Print your progress

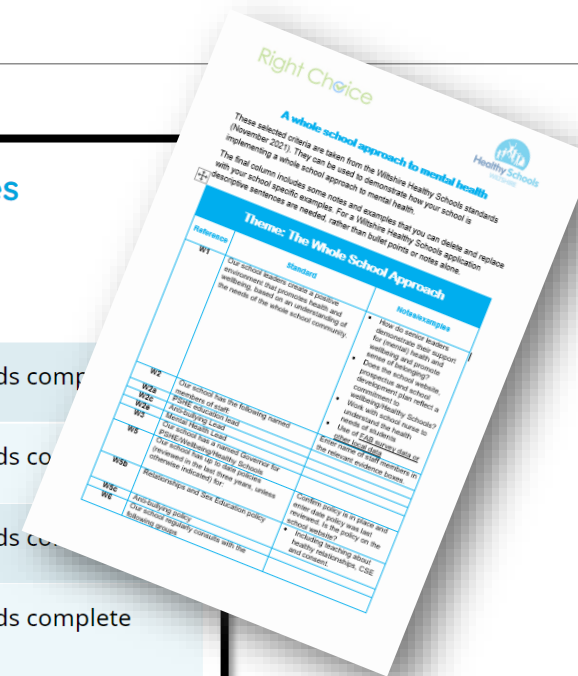
☒ Complete Audit

☐ This theme

Please select -->

☐ Case study

Download PDF



Download the document:
“whole school approach to
mental health” (5 sides)

You can use this to audit
your whole school mental
health provision and
provide evidence of
implementation.

And you will be well on the
way to achieving Wiltshire
Healthy Schools
accreditation!