

# Wellbeing, Emotional Wellbeing and Mental Health Support for Schools in Surrey

**Briefing for school staff, August 2020**

**A wide range of support and services are available for children and young people in Surrey to help maintain their wellbeing and address their emotional and mental health needs. These can be accessed through the education, health and care staff supporting your school.**

## Getting to Know Services

We know it's not always easy to navigate your way to the right service so this document aims to provide you with headline information on the services available for school aged children that will best suit their level of need.

The flow chart and information on pages 3 and 4 outlines the different wellbeing and mental health services, when these should be used and how to get in touch with them.

We have also created some brief introductory films on the roles of the key education and health staff who you will work with in your school including School Nurses, CAMHS Primary Mental Health Workers and Child Wellbeing Practitioners. You can watch these on the [Healthy Surrey website](#).

For health input please make your School Nurse your first point of contact and they will be able to provide support and advice and signpost to relevant services. Learn more about the roles of the School Nurse and how to contact your local nursing team on the [Children and Family Health Surrey website](#).



## Additional COVID-19 Resources



Additional resources have been developed over the past few months aimed at school staff, parents and carers to help children and young people cope with the changes that COVID-19 may have brought to their lives. The core documents have now been collated into a single location on the [School Leaders coronavirus page](#) on the Surrey County Council website. A summary of these is provided below with direct links to each document:

### [Surrey Schools and Settings Covid-19 Recovery Plan](#)

An overview of the recovery plan to get learning back on track, and actions within 4 strands of work

### [Supporting Surrey Schools - Return & Recover: Mental Health & Wellbeing of Children and Young People](#)

A comprehensive document introducing the Surrey Healthy Schools Approach, prevention and important topics such as equality, inclusion, anxiety, and SEND with links to resources and services

### [Supporting Young People to Return and Recover: Wellbeing & Mental Health Brief](#)

Brief information on how to support pupils' emotional needs when returning to school with links to wide ranging supporting information and services

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## Additional COVID-19 Resources

### [Information for Parents & Carers: Supporting Children and Young People, Wellbeing & Mental Health Brief](#)

Tips to help parents and carers manage their children's mental health and wellbeing through the pandemic with links to additional resources

### [Quick Wins for Schools – Mental Health in Schools, CAMHS Youth Advisors](#)

A booklet made by young people to help school staff support young people's mental health with practical ideas you can implement in your class rooms

### [Guide for schools: Talking to children about illness and death during the pandemic](#)

Brief step by step guidance on how to talk to children about illness and death caused by COVID-19 with suggested dialogue

## Primary Mental Health In Brief

The CAMHS Primary Mental Health Team supports children and young people when they begin to feel emotionally or mentally unwell, helping to build resilience and improve wellbeing to reduce the chances of problems becoming more serious.

The team is made up of people from different professional backgrounds including nurses, social workers and clinical psychologists. They support children and teachers to identify and prevent emerging or mild issues like depression and anxiety through consultations, assessments and training.

Visit Mindsight Surrey CAMHS website for more:  
<https://www.sabp.nhs.uk/mindsightsurreycamhs/services/early-intervention/primary-mh>

## School Nurses Spotlight

School nurses are registered nurses who have completed additional specialist training in school nursing.

The School Nursing team works across Surrey to promote physical health and emotional wellbeing in schools and in the community. This includes issues such as anxiety, self harm, bereavement, sleep issues, sexual health, illnesses, healthy eating, exam stress and bullying. They do this by:

- ❖ Being available to young people, parents, carers and teaching staff to address any concerns about a child's health
- ❖ Providing health advice to help children and young people make the most of their education
- ❖ Completing health reviews for children in primary and secondary school
- ❖ Holding health drop-ins for young people to discuss health issues confidentially
- ❖ Supporting young people who have medical needs and training staff to help manage these
- ❖ Delivering classroom-based health education
- ❖ Supporting immunisation programmes in school
- ❖ Working with excluded children or where families have chosen to educate at home
- ❖ Managing the confidential ChatHealth text advice service for 11-19 year olds on 07507 329 951

There are 10 School Nursing Teams across Surrey:  
<https://childrenshealthsurrey.nhs.uk/services/school-nursing-general>

Additionally a Special School Nursing Team supports the Severe Learning Disability Special Schools:  
<https://childrenshealthsurrey.nhs.uk/services/school-nursing-specialist-schools>

## Wellbeing, Emotional Wellbeing and Mental Health Services for Surrey Schools

### Surrey Healthy Schools Approach

Uses an evidence based approach and provides a comprehensive Self-Evaluation Tool for schools to co-ordinate, develop and improve their provision. This supports personal development, behaviour, teaching and learning, and leadership and management in line with OfSTED's Inspection Framework, the Surrey 2030 Vision and Health and Wellbeing Strategy.

### Find out more about the Surrey Healthy Schools Approach

Visit: <https://www.healthysurrey.org.uk/healthy-schools>

### School Nurses

promote physical health and emotional wellbeing in schools and in the community. This includes issues such as sexual health, illnesses, healthy eating, exam stress and bullying.

### Contact your School Nurse

There are 10 School Nursing Teams for Surrey, find the contact details for your local team on the Children and Family Health Surrey website: <https://childrenshealthsurrey.nhs.uk/services/school-nursing-general>  
Or call the 0-19 Advice Line on: 01883 340 992

### Child Wellbeing Practitioners

offer evidence-based interventions in the form of low intensity support, guided self-help and groups to children and young people (CYP) with mild to moderate mental health problems.

### Contact your Child Wellbeing Practitioner

This new service currently supports 6 schools in Epsom and 5 in Spelthorne only, we are hoping to extend this in the future. Those schools with CWP's can contact their practitioner via the CAMHS Single Point of Access (SPA) 0300 222 5755. Those schools without a CWP can speak with their CAMHS Primary Mental Health Worker for support

### CAMHS Primary Mental Health Workers

provide universal prevention, identification and early intervention support for emotional and mental health difficulties to schools, professionals, CYP and families. Uses the Targeted Approach to Mental Health in Schools (TAMHS) by providing consultations, training and network meetings. Also provide assessments and evidence based intervention for CYP with mild to moderate mental health needs.

### Contact your CAMHS Primary Mental Health Worker

There are 4 teams for Surrey, find the contact details for your local team on the Mindsight Surrey CAMHS website for a consultation: <https://www.sabp.nhs.uk/mindsightsurreycamhs/services/earlyintervention/primary-mh>  
Or call the CAMHS Single Point of Access 0300 222 5755

### Locality Early Help Advisors

Coordinate and find the most appropriate help for children and families including vulnerable families who may need support with family functioning and wellbeing, behavioural management, housing and income. Support for individual young people includes self esteem, building self confidence, and personal safety and behaviour.

### Contact your Locality Early Help Advisor

There are 4 advisors covering Surrey, you can contact your local advisor via the Children's Single Point of Access (C-SPA) 0300 470 9100. The C-SPA also provides guidance to school staff about where and how to find appropriate support for families

### Emotional Wellbeing School Nurses

deliver a responsive, targeted, needs-led and evidence-based service to CYP with emerging to mild emotional wellbeing and mental health needs attending mainstream schools/academies through the 0-19 Services. Also provide support to their families and work with professionals in universal services within a Targeted Approaches to Mental Health in Schools (TAMHS) approach.

### Contact your Emotional Wellbeing School Nurse

Your nurse can be contacted via your School Nurse, find their contact details on the Children and Family Health Surrey website: <https://childrenshealthsurrey.nhs.uk/services/school-nursing-general>  
Or call the 0-19 Advice Line on: 01883 340 992

### Specialist Teachers for Inclusive Practice

support the inclusion and participation of children and young people with a range of additional and special educational needs, and support school staff to provide quality first teaching. Also work with pupils, school staff and parents to ensure emerging needs are identified and addressed at the earliest time so that pupils progress and well being is maintained.

### Contact your Specialist Teacher for Inclusive Practice

There are 4 specialists working in different areas of Surrey, find out more about the service and contact details for your local specialist on the Services for Schools website: <https://servicesforschools.surreycc.gov.uk/Services/3656>

### Educational Psychologists

work collaboratively with children and young people, their families and professionals to understand what is happening, develop empathy and agree effective support to enable children to thrive in their local communities. Use psychological frameworks to support those working closely with our vulnerable learners to develop stable and supportive networks.

### Contact your Educational Psychologist

There are 4 teams for Surrey, find out more about the service and contact details for your local Educational Psychologist on their webpage: <https://www.surreycc.gov.uk/schools-and-learning/teachers-and-education-staff/educational-advice-and-support/educational-psychology-information>

