

Mental Health and Wellbeing Signposting Support for Children and Young People



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Introduction to GM i-THRIVE Framework and Mental Health for Children and Young People

The THRIVE Framework is an integrated, person-centred and needs-led approach to delivering mental health services for children, young people and their families. It was commissioned to improve outcomes of children's mental health and wellbeing to ensure children are receiving the right care at the right time. It is our job to support our children and young people, now more than ever to ensure they are mentally well and 'thriving'. The children need to know we are here for them when they need us, we need to make it clear to them that we are always here to support them. It is our duty to ensure we know what to do in response to their needs and distressed behaviour.

'The THRIVE Framework conceptualises need into five categories; Thriving, Getting Advice and Signposting, Getting Help, Getting More Help and Getting Risk Support. Emphasis is placed on prevention and also the promotion of mental health and wellbeing. Children, young people and their families are empowered through the active involvement in decisions about their care through shared decision making, which is fundamental to the approach.' (<http://implementingthrive.org/about-us/the-thrive-framework/>).

The aim of this document is to provide all staff with some knowledge and insight to be able to best support the children and young people in our care. Although it may seem daunting, this information can be used to help signpost children and parents/carers to receive the advice, support and information they need to nurture and protect their mental health. The information in this document is by no means exhaustive but the aim is to provide you with somewhere to turn if you don't know how to deal with certain issues presented by a child. There are also staff members within the school that can help support you, the children and their families during these difficult times. I have included a list of key people that you may find helpful.

It is recommended in the new THRIVE Framework that we should encourage independence and help the children build on their own strengths without assuming that more service provision is always better. Around a third of the children referred to CAMHS only need advice to help them move on. As waiting lists for CAMHS are long, the severity of their needs can worsen during this time, when simply signposting them to a lower-level service may be all they need to 'reset'. For more information on this new framework, please refer to <http://implementingthrive.org/about-us/>. I have also included lots of links throughout the document where you will find more information, as well as some in the 'Useful Links Section' at the end of the document to further support your knowledge and understanding of children and young people's mental health.

One-Stop Sites for Mental Health and Wellbeing Support

The following links offer one-stop shops for a vast range of services available to children and young people suffering with mental ill-health, such as **anxiety and low mood** in Trafford. Some of the services found here will require a referral, others the children and their families can self-refer.

Trafford Family Information Service

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/youth.page?newyouthchannel=1>



Click on the blue link to 'view full list of services' which enables you to scroll through the services available or search for something more specific. You can then further filter the outcomes by using the tick boxes on the left of the screen or by searching key words.

Trafford Virtual Mental Wealth Hub

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/advice.page?id=YVRNBmiTk9s>



The hub is a collaboration between stakeholders in Trafford to provide a single point of access which will link and signpost information, advice and guidance relating to anxiety and mental health in Trafford.

If you cannot find a link to a service that you feel you need, please email vmwh@trafford.gov.uk and they can help to find a service that meets the needs of the pupil in question.

Coronavirus Specific Support

Coronavirus-related resources and signposting links for Trafford

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/advice.page?id=6TzAFXIfQtI>

Coronavirus support from Greater Manchester Health and Social Care Partnership

<https://www.gmhsc.org.uk/covid-19/>



Thriving

Those whose current need is support in maintaining mental wellbeing through effective prevention and promotion strategies

5 Steps to Wellbeing

Most of our young people will be within the 'Thrive' area of the model and encouraging young people to engage in the 5 Steps to Wellbeing may be all they need to give their mental state a bit of a boost. Prevention and promotion are essential at the moment to keep our children safe and mentally well. Youth clubs such as Gorse Hill Studios are a great place to Connect, Be Active and Keep Learning. The way in which they are working at the moment is obviously limited due to Covid-19 restrictions but is a fantastic setting when restrictions start to ease.



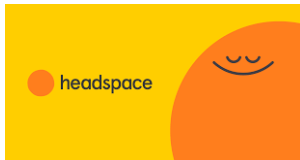
<https://www.gorsehillstudios.co.uk/docx/GorseHill%20Studios%20creative%20community.docx>

Some simple ways to achieve more harmonious mental wellbeing are reduce screen time, improve sleep routine, get out and about, exercise and talk to people (all of which are more difficult at the moment, although not impossible 😊)

1. **Connect.** Harder to do now, but Zoom calls are a great way to keep in touch with and laugh with our friends and family. It can help us feel more connected than messaging and engaging through social media.
2. **Be Active.** There are plenty of activities on You Tube to engage young people in physical activity to get them moving and releasing those endorphins which reduce feelings of anxiety and depression. Also, going for walks and taking in their local area can be a great way of getting moving with some fresh air and escaping the house for a little while.
3. **Keep learning.** It is important that the children continue with their studies but learning new skills can help improve mental wellbeing by boosting self-confidence and raising self-esteem. It also helps to build a sense of purpose and accomplishment.
4. **Give.** Acts of giving and kindness can help improve mental wellbeing by creating positive feelings, a sense of reward, a feeling of purpose, improved feelings of self-worth and helping to connect with other people. Again, this is more difficult due to lockdown measures in place but simple gestures, such as saying thank you to parents/carers for what they do and helping out around the home really help to boost wellbeing. This can also help to nurture family bonds being tested, with everyone being together a lot more under increased pressure and experiencing heightened levels of stress.

5. **Take Notice.** This is about being mindful and being present in the moment. Mindfulness can help people to understand themselves better and positively change the way they feel about life. It is easy at the moment for our young people to feel a huge sense of loss and a loss of control. Taking time to be mindful can provide them with the opportunity to focus on any positives and regain a calmer mindset.

Headspace is a great tool to reduce stress and increase resilience to help our young people to feel happier and calmer. It can be downloaded as an App or can be accessed online via <https://www.headspace.com/>. It guides you through meditation techniques, and offers support for anxiety and stress, as well as guidance for better sleep.





Getting Advice

Those who need advice
and signposting

The following organisations allow children and young people to seek anonymous online/telephone-based advice and support. The information shared is confidential; however, confidentiality may be breached in accordance with safeguarding procedures if the operative feels the child is at risk of harm or injury caused by themselves or someone else.

Childline

childline

ONLINE, ON THE PHONE, ANYTIME
[childline.org.uk](https://www.childline.org.uk) | 0800 1111

Information and advice on a range of issues for children and young people, such as abuse, bullying, body image, feelings, friendships/relationships, home/families and school/college/work.

Children can call, chat online or email a counsellor for support <https://www.childline.org.uk/get-support/>

There are message boards to allow them to connect with other young people in a safe, online environment.

Visit <https://www.childline.org.uk/toolbox/>

Or they can call 0800 1111 (7.30am-3.30am every day)

Kooth

kooth

A free online wellbeing community for young people offering resources and free, safe and anonymous support and counselling. Fully moderated forums and self-help materials available. Help is accessed through live chat or text message (12 noon – 10pm weekdays and 6pm-10pm weekends). Young people can contribute to magazine articles published on Kooth. No referral needed. Children can access the support independently by clicking on the link below. They also have other features children and young people may find helpful, such as a journal to help track mood changes and identify behaviours and events that make them feel good or less positive. There is a goal setting feature, to create and track progress.

<https://www.kooth.com/>

Shout



For anybody struggling with feeling lonely, anxious, depressed, suicidal, worried or stressed. Trained volunteers reachable 24/7 by **texting 'SHOUT' to 85258**. This is a free (it won't appear on their phone bill), confidential, anonymous service. <https://giveusashout.org/>

Talkshop



Supporting young people virtually and can access the school if the school allows. They are currently offering support over the phone, email and through social media. Staff are able to refer young people to Talkshop via the below routes. Talkshop can support young people with anything or can signpost or refer to a more specialist provision if necessary. They will continue to support them until their referral has been accepted.

talkshop@trafford.gov.uk

01619122453

Facebook/Instagram - Talkshop sale

Connexions



Some of our older children may be needing a little advice and guidance wondering where they stand with exams not taking place as normal at the end of the year. They may wish to talk to someone at Connexions for advice, information and guidance about their next steps with support on how to access work/training, job vacancies and CV writing. This may help to ease their mind about worries about their future. There is also guidance for school professionals, as well as parents and carers, so we can all support our pupils through their transition, which can be difficult and stressful at the best of times. Our young people can also be directed to Nicola Johnson, Careers Advisor at BTH (careers@bthcc.org).

Link for children - <https://www.connexions-trafford.co.uk/YoungPeople/Young-people.aspx>

Link for parents - <https://www.connexions-trafford.co.uk/ParentsCarers/Information-for-parents-carers.aspx>

Young Minds



Access to online mental health support. If in need of **urgent help**, text YM to 85258, where a trained volunteer can help. You can also click the 'Use Crisis Messenger' button on the link below. This is an anonymous and confidential service but if the person you are talking to believes that you are at risk of harm, they will pass your details on in order to get you the help you need.

<https://youngminds.org.uk/find-help/get-urgent-help/>

NSPCC



Since the introduction of national lockdown measures, contacts from people concerned about children living in homes with domestic violence have risen by 49%. These measures are putting children at greater risk of domestic abuse, neglect, physical, emotional and sexual abuse. If you have any concerns about the safety of a child at home, contact one of the designated safeguarding leads (DSLs) within school.

Please take a look at the link below for advice on how to deal with a child disclosing abuse to you.

<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/what-to-do-child-reveals-abuse/>

Papyrus



Supporting young people at risk of suicide by equipping young people and their communities with the skills to recognise and respond to suicidal behaviour.

<https://www.papyrus-uk.org/>

Bereavement Services

Children may have suffered loss throughout the pandemic, due to Covid-19 or other reasons, such as physical ill-health or mental ill-health. Covid-19 has further complicated bereavement, as young people have been unable to grieve with loved ones or say good-bye to those that have passed. There is support out there to support people suffering from bereavement.

Child Bereavement UK



Support for young people who are grieving or parents and families grieving the loss of a child.

<https://www.childbereavementuk.org/>

Greater Manchester Bereavement Service



Supporting anyone in Greater Manchester that has suffered loss or been affected by a death.

<https://greater-manchester-bereavement-service.org.uk/>

Once Upon a Smile



Emotional and practical support for bereaved families.

<https://www.onceuponasmile.org.uk/#>

These services are for those that need more than just advice and fall into the blue and purple quadrants of the GM i-THRIVE model introduced at the start of this document.

Trafford School Nurses



The school nurse can take referrals from schools to support children and young people with low level mental health problems. Referrals can also be made by the child or their parents/carers. The nurse can assess and work with the child in a venue to suit them. If the school nurse feels that the child needs more specialist support, she will refer on or signpost to other agencies.

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page?id=zJqacT3foOw>

42nd Street



Free, confidential counselling and psychosocial support (at a complex and early help level) for children and young people presenting with mental health and wellbeing difficulties. Informal weekly drop-ins or 1:1 support with mental health practitioners available.

- Online support available:
<https://onlinesupport.42ndstreet.org.uk/>
<https://onlinesupport.42ndstreet.org.uk/what-is-counselling>
- For updates on the provision they are able to offer, please refer to
<https://www.42ndstreet.org.uk/>
- Young people can self-refer by filling in this registration form
<https://onlinesupport.42ndstreet.org.uk/register>

School CAMHS Information Line (SCIL)

For staff to be able to contact for advice for students with early mental health difficulties. Support available Tuesdays and Thursdays 2.30pm-4.30pm on 0161 549 6456 and ask for SCIL or email mft.TRAFFORD.CAMHS-SCIL@nhs.net

Coaching Inside and Out (13+)



Life Coaches focus on the future, not the past, and help individuals discover their own answers about what is holding them back. They will work with young people on anything that is causing them a problem, e.g. anxiety, relationships, returning to school, anger etc. Coaches can offer up

to 6 hours of 1:1 coaching.

<https://coachinginsideandout.org.uk/>

They are also currently offering anxious young people and parents an hour of free coaching to explore their thoughts and feelings.

Contact - trafford@coachinginsideandout.org.uk or on 07903210970.

MU Foundation



Inspiring young people to build a better life for themselves and unite the communities in which they live. Dedicated staff offer educational and community outreach programmes to help young people make positive choices in their lives by improving their health, social wellbeing and employability.

<https://www.mufoundation.org/en/About-Us>

Engage Trafford through Salford Foundation



Currently offering virtual mentoring programme to those identified as expressing low aspirations in their future, defined as being NEET, struggling to manage their anger, participating in negative and/or risk-taking behaviours and expressing challenging behaviours at home and/or in school. Free transport available. They can offer between 8-16 weeks of mentoring (depending on severity of need and progress made). Referral is through an Early Help Assessment Referral Form (EHA) which can be accessed by emailing engage@salfordfoundation.org.uk

<https://www.salfordfoundation.org.uk/services/young-people/engage-trafford/>

Early Break Trafford



1:1 person-centred support for a range of difficulties including substance misuse, physical health, emotional health, sexual health, family, education, finance, employment etc. Each person has a designated support worker to help them achieve their goals. They can offer whole family support where there is an issue with a parent/carer who has a substance use issue. It allows the family to talk about the impact it has on them and allows the parent to understand the impact their behaviour has on their children.

<https://earlybreak.co.uk/>

<https://earlybreak.co.uk/referrals/> - referral forms for their different programmes can be found here

CAMHS, also known as Healthy Young Minds



For children and young people with more complex emotional/mental health difficulties that require more targeted, outcome-focused therapeutic treatment. For support with children with more severe anxiety, depression, eating disorders, psychosis, PTSD, self-harm, ADHD, ASD and other more complex psychological difficulties. If you feel a child needs more support after signposting to some of the other services, please let Rowena Ward know if it is of a mental health nature and Stuart Crampton if suspected SEND. Referrals can be made through the child's GP or the school nurse. However, first please refer to the Graduated Approach to ensure everything has been put in place to enable our children and young people to successfully access all aspects of school.

Young Minds



Parents, children and professionals can find helpful guidance and support about young people's mental health and CAMHS. If you are concerned about a child's mental health, please pass your concerns on to a member of the pastoral team. Safeguarding issues should be directed to the DSLs.

A beginner's guide to CAMHS for parents/carers and young people:

<https://youngminds.org.uk/find-help/your-guide-to-support/guide-to-camhs/>

Community Eating Disorder Service



Community-based service providing specialist support to children and young people suffering with an eating disorder. They also offer advice and support to families, carers and professionals working with the young people and work together to decide on the most appropriate route for specialist care.

<https://www.penninecare.nhs.uk/ceds-south>

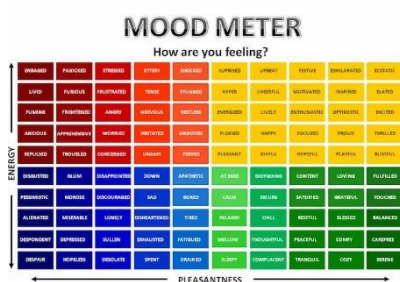
Trafford Education - Behaviour and Attendance



Trafford Education offer support and guidance around behaviour issues and poor attendance. They also offer training and networking opportunities for pastoral and teaching staff focusing on emotional resilience and other relevant topics.

Website: <https://traffordeducation.co.uk/behaviour>

Email: behaviour@trafford.gov.uk



A useful resource for improving emotional intelligence and aiding in self-awareness and self-regulation is Yale University's Mood Meter which can be used in the format shown in the image or via an App (<https://moodmeterapp.com/>). For further information on how to implement the mood meter please refer to

https://resources.finalsite.net/images/v1584462154/highlineschoolsorg/ygwfvfhk2ntmlkzfcplp9/MoodMeter_FC_Grade1.pdf

Getting Help/More Help for Vulnerable Groups

There are some children within our school community that are at greater risk of developing mental ill-health and we need to make sure they have sufficient support to get them the help they need to ensure they are not at a disadvantage due to circumstances out of their control. There may be some children that fall into the categories below that are unknown to us. We need to make it clear to the children that we are here for them. Here is a really useful link for understanding mental health problems in children and young people and those at greater risk. There are also some excellent links on there to provide further support and guidance.

<https://www.mentalhealth.org.uk/a-to-z/c/children-and-young-people>

Young Carers



A Young Carer is somebody under 18 that helps to look after a relative with a physical disability, mental health condition or drug/alcohol problem. They may look after a sibling or parent by helping out around the house and offering emotional support beyond what we would expect of a child. Young Carers are at risk of negative impact on their emotional and physical wellbeing, as well as their educational achievement and life chances. They have the right to access help and support but may not be aware they can, or feel that by reaching out their circumstances will be judged. If you are concerned about a known Young Carer, or feel that any of the children fall into this category, please contact Lydia Moloney who works with the young carers at BTH. The below links provide support and advice for Young Carers and they can self-refer, or you can refer on their behalf (with consent from the pupil and their parents/carers), to receive an initial assessment, help and support from the service.

<https://www.traffordcarerscentre.org.uk/>

<https://www.traffordcarerscentre.org.uk/youngcarers/>

Helpline: 0161 848 2400

Email: youngcarers@traffordcarerscentre.org.uk

SEND

Children with SEND are more likely to experience mental health difficulties than those who don't, and the recent chaos caused by the pandemic adds an extra complication. There are some services within Trafford that can support staff, children and their families. If you are at all concerned about children with SEND or suspect that an undiagnosed child may be struggling, please speak with Stuart Crampton (SENCO at BTH).

For further information and services available for children with SEND and mental health needs, please refer to the rest of this section.

Special Educational Needs Advisory Service (SENAS)



To advise and support schools and parents to meet the needs of children with SEND

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page?id=zIBgoaG5OKw>

Educational Psychologist and using the Graduated Approach



TRAFFORD
SERVICES FOR EDUCATION
Supporting Outstanding Futures

To help gauge the levels of support a child needs before considering an EHCP assessment or accessing High Needs Top-Up Funding). Before assuming that a child needs an EHCP, the LA expect schools to reasonably modify provision with regard to their specific difficulty, which is known as the Graduated Approach. Please use the links below for guidance on how to make alterations and differentiate work to improve the child's ability to access and engage in their education.

Cognition and Learning

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/advice.page?id=UTBt9Nyp11k>

Communication and Interaction

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/site.page?id=5uJQqoGo3bo>

Social, Emotional and Mental Health

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/site.page?id=t-vYFKXOzo0>

Physical needs/disability and Sensory Needs

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/site.page?id=1fiealzyXtU>

General information about the Graduated Approach

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/advice.page?id=6uHRIwbYTJY>

Special Educational Needs and Disabilities Information Advice and Support Services (SENDIASS)



Free confidential and impartial information, advice and support for children, young people, parents, carers and staff in relation

to SEND. They can support with EHCPs, post-16 transition, SEND law and personal budgets. Support available 9am-12 noon Monday – Friday.

<https://sendiass.trafford.gov.uk/Home.aspx>

Email - sendiass@trafford.gov.uk

Call 0161 912 3150

Trafford Parents Forum



Support for parents/carers of children and young people with SEND. Offering training and information events. Drop-ins and SEND surgeries with professionals.

STEP (Stronger Together Empowering Parents) service – providing practical and emotional support through peer-to-peer support with volunteers who are also parents/carers of children with SEND.

Phone: 0161 872 0813

Website: www.traffordparentsforum.org

Email: hello@traffordparentsforum.org or step@traffordparentsforum.org

Children and Young People with Eating Disorders



issues and guilt.

The coronavirus pandemic has had a greater impact on those already suffering with eating disorders such as bulimia and anorexia nervosa, and has led to an increase in those suffering with disordered eating. A large proportion of those with eating disorders also screen positive for generalised anxiety disorder causing a vicious cycle between anxiety, eating

<https://www.beateatingdisorders.org.uk/support-services/helplines>

<https://healthyyoungmindspennine.nhs.uk/eatingdisorders/>

<https://www.penninecare.nhs.uk/ceds-south>

Looked After Children (LAC) and Previously LAC



LAC and those that has subsequently been adopted or are under a Special Guardianship Order are also at increased risk of developing mental health problems. Virtual School is a statutory service ensuring that pupil premium funding is adequately and responsibly allocated to these children. Virtual School have a range of professionals working within the team, such as Speech and Language Therapists, Educational Psychologists, Play Therapists, Careers Advisors and specialist teachers.

If you have any concerns around LAC children, please refer any concerns on to Lydia Moloney in school and if necessary virtualschool@trafford.gov.uk or call 0161 912 2000 (and ask to speak to virtual school). Alternatively, you can visit www.traffordvirtualschool.com for more information about how they can help to support our LAC or previously LAC children and young people.

LGBT+ and BAME

Some of our young people may be struggling with their identity and need a little extra support to guide them through what can be a confusing and stressful time for them. Sara Penny-Collings is the Pastoral Lead in Equality and Diversity and is the coordinator of 'We are Family' which is a group which aims to improve equality and diversity awareness in our school community. If any of our young people are struggling with their identity or want to meet with likeminded young people, please direct them to Sara and the links below.

LGBT+



The Proud Trust – Offer support for LGBT+ for young people with a virtual group 'Rainbow Reflections' on a Wednesday 4.30-6.30pm. Offers a safe space for young people to explore LGBT+ identities and issues. They also offer creative expression and engage the young people in games.

<https://www.theprouddtrust.org/>

Young people can email infor@theprouddtrust.org to talk with a youth worker and find out a bit more about the trust and how it can benefit them.

They have also launched a chat service <https://beta.theprouddtrust.org/proud-connections/>



Just Like Us – Empowering young people to champion LGBT+ equality.

<https://www.justlikeus.org/>



Mermaids – supports transgender, nonbinary and gender diverse children and young people

<https://mermaidsuk.org.uk/about-us/>



Rainbow Noir – supports people of colour who identify as lesbian, gay, bisexual, transgender, queer and or intersex (LGBTQI)

<http://rainbownoirmcr.com/>



It Gets Better – has a mission to uplift, empower and connect lesbian, gay, bisexual, transgender and queer youth.

<https://itgetsbetter.org/>

BAME



Kids of Colour – A platform for young people of colour to explore race, identity and culture and challenge the everyday, institutionalised racism that shapes their lives.

<https://kidsofcolour.com/>

Children Suffering Abuse and Cyberbullying



According to the NSPCC, since the introduction of national lockdown measures, contacts from people concerned about children living in homes with domestic violence have risen by 49%. These measures are putting children at greater risk of domestic abuse, neglect, physical, emotional and sexual abuse. If you have any concerns about the safety of a child at home, contact one of the designated safeguarding leads (DSLs) within school.

Please take a look at the link below for advice on how to deal with a child disclosing abuse to you.

<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/what-to-do-child-reveals-abuse/>

Childline

childline

ONLINE, ON THE PHONE, ANYTIME
[childline.org.uk](https://www.childline.org.uk) | 0800 1111

Childline offer information and advice to support children subjected to a range of abuse, including but not exclusive to emotional, physical, sexual, FGM, CSE and neglect.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/abuse-safety/>

0800 1111

If you become aware of a child suffering abuse or violence, please call the police if at immediate risk or inform a DSL.

Childnet



Cyberbullying is a huge issue for the current generation, but cyberbullying has increased during lockdown and due to the nature of cyberbullying, there is no respite for the children as they can be contacted online when working, gaming or on their phones, 24/7. They are going to be feeling particularly isolated at this time.

<https://www.childnet.com/search-results/?keywords=cyberbullying>

Advice and Help for Parents/Carers and Families

We also want our BTH families to know there is support available to them. Many parents will also be struggling with their own mental health and/or dealing with that of their child/children. Parental mental-ill health is a risk factor for children also developing difficulties but often they do not want to burden their parents with their own problems, reducing the likelihood of them reaching out for support. Support for families can be accessed via the Early Help Panels and completing an Early Help Assessment form. Early Help is taking action to support a child, young person or their family early on or as soon as the problem emerges to prevent the children/family entering a state of crisis. The support usually requires agencies to work together to ensure the family receive the support in a timely and responsive manner to ensure the safeguarding of the children and the family unit.

Trafford Sunrise Parenting Workshops (via Just Psychology) –



Workshops addressing common mental health difficulties including anxiety, low mood, behavioural difficulties, parental separation and bullying. Workshops available to support parents with managing change, behavioural difficulties, anxiety and communicating with teenagers, for those parents feeling the struggle. Referrals to be made through GP or school.

- 'Working Together Groups' provide support for children and families in a group setting. 6 weekly sessions to equip children and young people with coping strategies, skills, techniques and an understanding of mental health to help them self-regulate.
- Individual sessions tailored for children requiring extra support with their emotional wellbeing using evidence-based approaches and resources
- Parent workshops are free drop-in sessions for all Trafford parents/carers offering free guidance and advice on a range of topics, such as anxiety, behavioural difficulties and bullying.

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/service.page?id=hFN-ZMxH-mo>

Contact details:

0161 262 1622

sunrise@justpsychology.co.uk

Escape (via Early Help) – workshops for parents/carers to empower them to communicate more harmoniously with their older children.

Home Start -



Offering support and friendship for families who are struggling to cope with a wide range of situations, such as loneliness, mental ill-health, disabilities, multiple children and increasing poverty and debt. Support is provided to help prevent crisis and family breakdown. Volunteers are other parents that have also been in a difficult situation.

<https://hsts.org.uk/>

Adult IAPT (Improving Access to Psychological Therapies)



Talking therapies for adults experiencing difficulties with anxiety and depression-based presentations. Adults can self-refer for talking therapies such as cognitive behaviour therapy, counselling and guided self-help via the link below.

<https://www.nhs.uk/service-search/find-a-psychological-therapies-service/>

Trafford Parents Forum



Support for parents/carers of children and young people with SEND. Offering training and information events. Drop-ins and SEND surgeries with professionals.

STEP (Stronger Together Empowering Parents) service – providing practical and emotional support through peer-to-peer support with volunteers who are also parents/carers of children with SEND.

Phone: 0161 872 0813

Website: www.traffordparentsforum.org

Email: hello@traffordparentsforum.org or step@traffordparentsforum.org

MindEd



Advice and information for parents/carers concerned about the mental health of their child. It can help them to understand what problems occur for young people, what they can do to best support their family and how to take care of themselves. No registration required.

<https://www.minded.org.uk/>



Samaritans - The Samaritans offer free, confidential and judgement-free support for those in crisis. For safeguarding reasons, confidentiality may be broken if they feel the person is

at risk to themselves or others. They offer a range of ways to get in touch (please refer to the contact details below). They also offer a self-help app to allow people to track their mood, create a safety plan if the person finds themselves in a crisis, coping techniques and a way of keeping track of helpful activities. This enables the person to feel a sense of control and reduce the feeling of helplessness.

<https://www.samaritans.org/>

Call 116 123 (they aim to get each caller through to someone straight away but this depends on the volume of calls)

Email: jo@samaritans.org (response time 24 hours)

Write a letter to: Chris, Freepost RSRB-KKBY-CYJK, PO Box 9090, Stirling, FK8 2SA expressing their feelings in as much detail as they are comfortable with and Samaritans will aim to reply within 7 days.



Getting Risk Support

Those who have not benefitted from or are unable to use help, but are of such a risk that they are still in contact with services

This level of support is for those children that are presenting with severe mental health needs and have not responded to, or are unable to access, services. The priority for these children is managing risk. To some extent, we need to manage risk with children within all 4 quadrants as their level of need can change at any time and they can reach crisis point.

If you fear for the safety of a child and/or those around them due to their mental state, the Rapid Response Team (RRT) should be contacted through **NHS 111** or by attending **A&E**. They will provide a rapid assessment to those presenting at crisis point.

Pastoral Support at BTH



Rowena Ward (Head of Pastoral Care)

Tracey Tarry (Director of Pastoral Care)

Danielle Baskerville (Head of Year 7 and Pastoral Manager)

Paul Worth (Head of Year 7 and Pastoral Manager)

Carla Griffiths (Alternative Provision Coordinator/The Ark)

Sarah Naughton (Restorative Hub Pastoral Mentor)

Justine Board (Education Welfare Officer)

Lydia Moloney – Young Carers and LAC Coordinator

Mike Wallbank – Chaplaincy and Spiritual Guidance

Sara Penny-Collings and Bola Akintoye – Equality and Diversity (LGBT+ and BAME)

Nicola Johnson – Careers Guidance

Daniela O'Rourke – Head of the Be Your Best Pupil Development Programme and The Edge

Heads of Houses

- Bosco – Alicia Saycell
- Siena – Georgia Banton
- Mother Teresa – Chelsey Hodgkin
- Newman – Jamie-Leigh Burrows/Mike Wallbank
- Stein – David Milligan
- Romero – Rachel Cahill

Maeve Kirby (Head of Year 11)

Tom Kirk (Assistant Head of Year 11)

Amy Crowder (Assistant Head of Year 11)

Designated Safeguarding Leads (DSLs)

Rebecca Geoghegan (Associate Headteacher and Named Designated Safeguarding Lead)

Rowena Ward (Head of Pastoral Care)

Tracey Tarry (Director of Pastoral Care)

Danielle Baskerville (Head of Year 7 and Pastoral Manager)

Paul Worth (Head of Year 7 and Pastoral Manager)

Vicky Kneen (Associate Deputy Head and Designated Mental Health Lead)

Additional Mental Health and Wellbeing Support

Sarah Pipping (Young Person's Counsellor)

Denise Richards (School Nurse)

Carla Griffiths (Alternative Provision Coordinator)

Useful websites for Staff

Training opportunities in Trafford

<http://www.thrivetrafford.org.uk/development-support/training-trafford/>

THRIVE within Trafford

<http://www.thrivetrafford.org.uk/>

Coronavirus-related resources and signposting links

<https://www.trafforddirectory.co.uk/kb5/trafford/fsd/advice.page?id=6TzAFXlfQtI>

Coronavirus support for Greater Manchester health and social care

<https://www.gmhsc.org.uk/covid-19/>

Anna Freud - Mental Health and Wellbeing Resources

Information for young people, parents/carers and professionals

<https://www.annafreud.org/>

Anna Freud - direct link for support and resources for professionals

<https://www.annafreud.org/mental-health-professionals/>

Anna Freud - direct link for support and resources for young people

<https://www.annafreud.org/on-my-mind/>

Anna Freud - direct link for support and resources for parents and carers

<https://www.annafreud.org/parents-and-carers/>

Anna Freud – training opportunities

<https://www.annafreud.org/training/>

MindEd - a useful tool for school staff to gain a better understanding of the ways in which young people suffer with mental health and how we can help)

<https://www.minded.org.uk/>

MindEd CPD training courses - to improve knowledge about certain areas of mental ill-health and how best to support children upon their return to school

https://www.minded.org.uk/Catalogue/Index?HierarchyId=0_48943&programmeId=48943

Apps/Tools

mindfulness/sleep/anxiety <https://www.headspace.com/> -

A useful resource for improving emotional intelligence and aiding in self-awareness and self-regulation <https://moodmeterapp.com/>

Young Minds crisis messenger for support with suicidal thoughts, abuse, assault, self-harm, bullying and relationship issues <https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>

<https://youngminds.org.uk/find-help/get-urgent-help/>