

# Mental Health Newsletter



Welcome to the first Burrough Green  
Mental Health Newsletter!

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Issue 1

## Mental Health Champions at Burrough Green



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## Mental Health

Mental health is a growing public health concern, which has been well documented in the media. There is increasing research which shows that early identification and intervention can improve outcomes for adult mental health issues.

Schools are at the forefront of early help, not only due to the amount of contact time with children, but also due to the fact that early external help has been clawed back due to national budget cuts.

With this in mind, the Sawton and Linton Locality ran a training project this year, which was attended by two members of staff from Burrough Green.

This training entailed 7 face to face sessions with an Educational Psychologist along with other colleagues from the cluster.

The project outcome was to develop Mental Health Champions at those schools involved, as well as to develop a bespoke mental health action plan for each school which would allow mental health to be embedded within the school.

The course focused on having a mutual understanding of mental health and the framework of the mental health services, as well as intervention programmes available, for both professionals and home.

Alongside procedural actions such as policies and training for staff.

Burrough Green has already started to bring mental health teaching into the school, which you will be aware of and there are further plans on how this project will be further embedded this year.

**Mental health is a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her own community. (World Health Organisation)**

## Mental Health Work at Burrough Green

Last academic year, there was a whole school PSHE day on mental health, which was an introduction to the topic for children. This day included some strategies for helping with worries and ways to keep calm and relaxed in periods of stress.

Training on mental health was delivered to staff, including some work on early identification signs. A well-being assessment was carried out with KS2 children and

this provided us with some whole school topics to address.

The plan for this year to build on this foundation. It will include further training for staff on how to deal with and refer any children who are a concern; developing a mental health policy, as well as a staff well-being handbook.; the well-being assessment will be repeated; and a PSHE day will be delivered each term with a focus on mental health. There will also

be a mental health newsletter each term, to keep parents and carers informed of developments.



# Links to further information, advice and support on Mental Health

## CAMHS

CAMHS is used as a term for all services that work with children and young people who have difficulties with their emotional or behavioural wellbeing. Children and young people may need help with a wide range of issues at different points in their lives. Parents and carers may also need help and advice to deal with behavioural or other problems their child is experiencing. Parents, carers and young people can receive direct support through CAMHS.

**Telephone: 01223 746001**

<http://www.nhs.uk/NHSEngland/AboutNHSservices/mental-health-services-explained/Pages/about-childrens-mental-health-services.aspx>

## CPFT

Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) is a health and social care organisation, providing integrated community, mental health and learning disability services, across Cambridgeshire and Peterborough, and children's community services in Peterborough.

**Out of hours' service: 0800 052 22 52**

[www.cpft.nhs.uk/](http://www.cpft.nhs.uk/)

## First Response Service (FRS).

There is a new service which has been launched to support people suffering with mental health issues called the First Response Service (FRS). This provides 24-hours access, 7 days a week, 365 days a year for mental health care, advice, support and treatment. **By calling 111, and selecting option 2**, you will be put through to a member of the FRS who will speak to you and discuss your current mental health needs. The phone is answered by trained practitioners who can access the callers' needs and then first responders, mental health nurses and social workers can offer direct support and intervention in a crisis. Referrals can also be made to GPs and relevant services. The team will have information about all the local services available to support people, so a wide range of issues can be supported.

## Young Minds

Young Minds is charity committed to improving the emotional wellbeing and mental health of children and young people. They undertake campaigns and research, make resources available to professionals (including teachers) and run a helpline for adults worried about the emotional problems, behaviour or mental health of anyone up to the age of 25.

**Parents Helpline – 0808 802 5544**

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

## ChildLine

A confidential service, provided by the NSPCC, offering free support for children and young people up to the age of nineteen on a wide variety of problems.

**Helpline: 0800 1111**

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

## Keep your head

<http://keep-your-head.com/CP-MHS>

## The mix

**Helpline: 0808 808 499**

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

## Mental Health Foundation

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

## Mind

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

## Minded

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

## Family Lives

**Helpline: 0808 800 2222**

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

## Time to change

<https://www.time-to-change.org.uk/>



Mind Full, or Mindful?