

Schools Wellbeing Service

The Schools Wellbeing Service works in partnership with local schools. Wellbeing and Specialist CAMHS. We are based in schools and take requests for involvement in group work and individual work from all the different agencies.

Welcome to the team

- We have 14 Primary Mental Health Workers working across all the primary and secondary schools in Brighton and Hove
- We also cover colleges and special schools
- We are a specialist team of clinicians with qualifications covering a range of therapeutic areas, including art therapy, play therapy, CBT and psychodynamic counselling

We also offer a half term and holidays consultation line—this is advertised through school

What can we offer through schools

- Group work
- Signposting to activities and organisations
- Direct support from a Primary Mental Health Worker
- Support for referrals to outside agencies
- Phone consultations
- Parent groups



Pupils at Patcham High School taking part in the anti-stigma workshop. Most schools have active Mental Health Champions groups. Contact your SENCO for more information.

New Consultation Phone Line

We are now offering a weekly consultation line. Please email SWSconsultation@brighton-hove.gov.uk with name of young person, date of birth and address, along with your phone number. These will be responded to on a Thursday.

Reading Well scheme

The Reading Well Books on Prescription has been offering suggestions on books for adult patients, covering a range of issues, for some time now. However, this has now expanded to include a range of books, put together by GP's and mental health professionals, that are aimed at children and young people. Further information can be found at <https://reading-well.org.uk/books/books-on-prescription/children>

Keeping ourselves emotionally healthy— here are some ideas

Getting sorted:

Organise yourself and your time by using lists and calendars

Make sure you plan some time out or 'me' time

Food:

The food you eat will affect how you feel. Don't skip meals and make sure you eat well regularly

Activity:

Doing a regular activity that you enjoy can boost your self esteem and relieve stress and tension

Relaxation:

Taking time to relax and chill gives your mind and body a chance to recover from pressures

Recognise when you are becoming over tired, don't exhaust yourself

Different people relax in different ways, find a way that suits you

Sleep:

Watching TV or using a computer will stimulate your brain and can stop you being able to sleep

Talking:

Opening up and talking to someone about your feelings may help you get through difficult times

Myself:

Be kind to yourself. Focus on our strengths and accept who you are



Looking after yourself is the first step to
keeping emotionally healthy

Some key agencies to go to for advice:

YMCA Youth Advice Centre
Drop in Monday-Friday 3.00-6.00pm
www.ymcadlg.org
Childline 0800 1111
www.childline.org.uk

For more information and choices go to:
www.findgetgive.com or the emotional
well-being section of the school website.
www.brightonandhovewellbeing.org

Urgent concerns should be referred
di-rectly to:

Your GP or A & E.

CAMHS duty officer on 0300
3040061

Sussex Mental Health line on 0300
5000101

Exams—websites offering advice to parents/carers

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>

https://www.bbc.co.uk/bite_size/articles/zckydxs

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to->