

HEALTHY MINDS TEAM

Menu of Support for Secondary Education Providers



Introduction

The Healthy Minds Team is a Mental Health Support Team based in South Tyneside and provided by South Tyneside & Sunderland NHS Foundation Trust.

We offer early intervention to help children, young people and their families who are struggling with mild to moderate anxiety and/or depression.

The team comprises of Education Mental Health Practitioners, Primary Mental Health Workers and Primary Mental Health Specialists who provide a range of emotional, behavioural and psychological support services to children, young people, parents and professionals in Sunderland.

Our team will be linked with schools and colleges across South Tyneside promoting a Whole School Approach to Building Resilience and Promoting Positive Wellbeing.

The 3 functions of The Healthy Minds Team



Helping You To Help Them

Offer to School Staff

Offer	Delivery	Access
<p>Consultation</p> <p>Practical advice for school staff pre Request for Support</p>	<p>Face to Face in Education Setting</p>	<p>Arranged with Healthy Minds Team Link Worker</p>
<p>I CAMH-Mental Health Awareness & Training</p> <p>(Risk & Protective factors, Child Development / Attachment, Common Mental Health Problems)</p>	<p>4 sessions (face to face in school or webinar)</p> <p>Can be delivered as a whole day, half day or 4 x 1.5 hours</p>	<p>Arranged with Healthy Minds Team Link Worker</p>
<p>Enhanced Training</p> <p>Introduction to the MHST, Supporting Exam Stress, Transition Support, Emotional Based School, Anxiety, Trauma Awareness</p>	<p>Available to all school staff. Delivered face to face within your education setting</p>	<p>Arranged with Healthy Minds Team Link Worker</p>
<p>Bespoke Training</p> <p>To be discussed in consultation and based around identified school mental health needs</p>	<p>Available to all school staff. Delivered face to face within your education setting</p>	<p>Arranged with Healthy Minds Team Link Worker</p>

Helping You To Help Them

Offer to Parents and Carers

Offer	Delivery	Access
<p>Parent Led CBT Teaches parents cognitive behavioural strategies that they can use with their child to overcome anxiety</p>	Held virtually and locally in a group setting	School staff to identify children, between 5 and 12 years of age who are suffering with mild to moderate symptoms of anxiety. Request for Support required
<p>Guided Self Help Parenting Understanding emotional and behavioural problems and helpful strategies</p>	Held virtually and locally in a group setting	School staff to identify children, between 5 and 12 years of age who are struggling to manage their behaviour. Request for Support required
<p>Parent Carer Peer Network Monthly online support forum. Sessions based around common mental health problems and Q&A</p>	1 hour session monthly available via webinar	TEAMS links available from Healthy Minds Team Link Worker No Request for Support required
<p>Bespoke Training Topics can be discussed and agreed with the link worker / via parent carer network</p>	Available to all school staff. Delivered face to face within your education setting	At parent carer networks

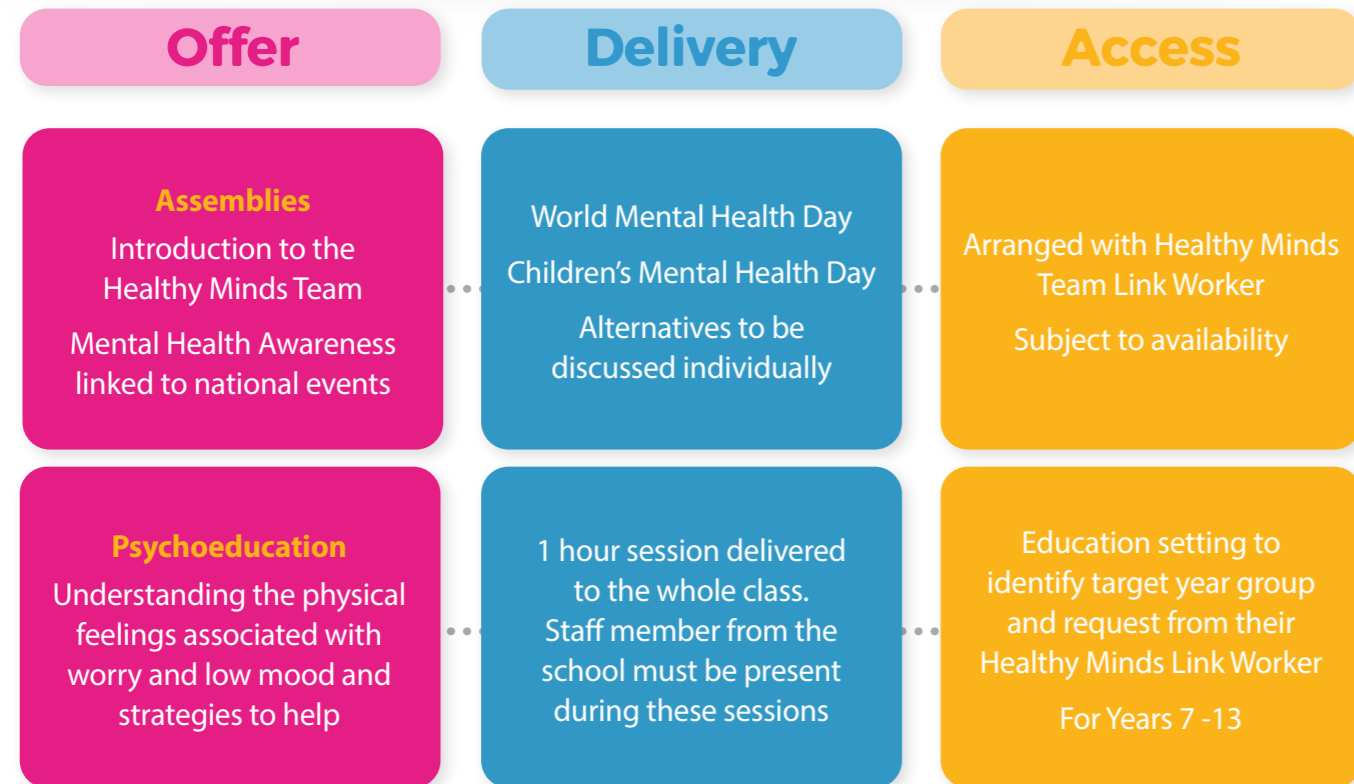
Helping You To Help Them

Whole School Approach

Offer	Delivery	Access
<p>Anxiety Aims to support young people to understand and normalise anxiety and self-help strategies</p>	1 hour session delivered to the whole class. Staff member from the school must be present during these sessions	Education setting to identify classes that may benefit from this support and request support from their Healthy Minds link worker. For Years 7- 13
<p>Low Mood Aims to support young people to understand and normalise low mood and learn practical strategies</p>	1 hour session delivered to the whole class. Staff member from the school must be present during these sessions	Education setting to identify classes that may benefit from this support and request support from their Healthy Minds link worker. For Years 7- 13
<p>Bespoke Sessions Sessions identified in consultation as beneficial to whole school mental health</p>	Face to Face – timings to be agreed with topic	Arranged with Healthy Minds Team Link Worker Subject to availability
<p>Living Life to the Full Providing simple, practical skills for coping with stress, problem solving, boosting your mood, and busting bad thoughts</p>	Whole Class Delivery 8 x 1 hour weekly session Co-delivered by Healthy Minds Link Worker and School Staff	School staff to identify year group who will benefit from this intervention. Year 7 -11

Helping You To Help Them

Continued....



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Direct Help and Support



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Further Information

- **In the first instance you should always try to contact your link worker from the team for advice and support, however, you can also:**
- Complete the Request for Support Tool (please speak to your school senior mental health lead to discuss and ask them to discuss the case for advice during their consultation slot).
- You can also send the completed form to: stsft.mhadminteam@nhs.net
- If your link worker is not available and you need advice, please contact the Single Point of Access at Lifecycle on: 0191 2832937

Healthy Minds Team

 | 0191 283 2937

 | stsft.mhadminteam@nhs.net

 | www.healthymindsteam.co.uk

If you know someone who needs this information in a different format, for example large print, Braille or a different language, please call Marketing and Communications on 0191 424 7385.