

Education Settings Mental Health and Wellbeing- Right help at the right time Pathway

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Contact re this document: mentalhealth@southglos.gov.uk



Mental Health is a complex area; this document is designed as a guide to support you to find the right help at the right time for children and young people in South Gloucestershire. Please also read organisations full referral and threshold guidance and contact them for further advice. And of course, always follow your organisation safeguarding policies.

The full South Gloucestershire Children and Young People Mental Health and Wellbeing directory can be found [here](#), we link back to this throughout the document. This document uses the THRIVE conceptual framework. A short (2m40s) video to explain the THRIVE Framework can be found [here](#).

Depending on your IT system you may need to hold Ctrl down before clicking to access the links.

Schools play a huge part in supporting children and young people to remain mentally well, we encourage schools to let staff, parents and children know what your wellbeing offers are e.g., via school newsletters, noticeboards etc.

The **Right Help** at the **Right Time**

Think carefully before referring to a mental health focused service what do the child and family currently want and need?

Support with their mental health? Access to support to reduce significant stress in the household?

Will it help to...

Link into support/ clubs' groups within their local community? [Well Aware information](#)

Access support around their finances or housing situation? [SG financial support info](#); [SG cost of living](#)

Access support around an abusive relationship? [Next Link](#)

Manage abuse, being experienced in the community? [SARI](#); [Diversity Trust](#)

Community based family support? [CCP – Family support](#)

Manage Drug/ Alcohol use that is causing conflict in the household or becoming problematic? [YPDAS](#); [DHI \(adults\)](#)

For a broader range of information for children and families also see South Gloucestershire' s: [South Glos LIFE](#)

Each pre-school and school also have a named Compass Partnership Worker who can advise schools around signposting, referrals to Preventative Services and support with starting an EHAP (Early Help Assessment Plan) for children and families in South Gloucestershire. Professionals can contact compass@southglos.gov.uk for more information. Parents can ring Access and Response for advice on 01454 866000.

SOUTH GLOUCESTERSHIRE MENTAL HEALTH AND WELLBEING PATHWAY (SCHOOL-BASED STAFF)

THE FULL SOUTH GLOUCESTERSHIRE MENTAL HEALTH AND WELLBEING DIRECTORY CAN BE FOUND [HERE](#). THIS DOCUMENT LINKS YOU BACK TO THE DIRECTORY FOR MORE IN DEPTH INFORMATION.

If yes to (1) please see the following:

THRIVING RESOURCES AND SIGNPOSTING

- South Gloucestershire libraries all stock [reading well](#) books.
- Everyone can promote the [5 ways to wellbeing](#).
- Start a conversation/ celebrate [Children's Mental Health week](#) and other promotion days.
- School-based programmes e.g., PHSE, encouraging conversation and pupil voice, wellbeing areas etc.
- Kooth (10-18 years old) contact: kel@kooth.com to access FREE workshops/ assemblies in school/ promotion of the FREE service.

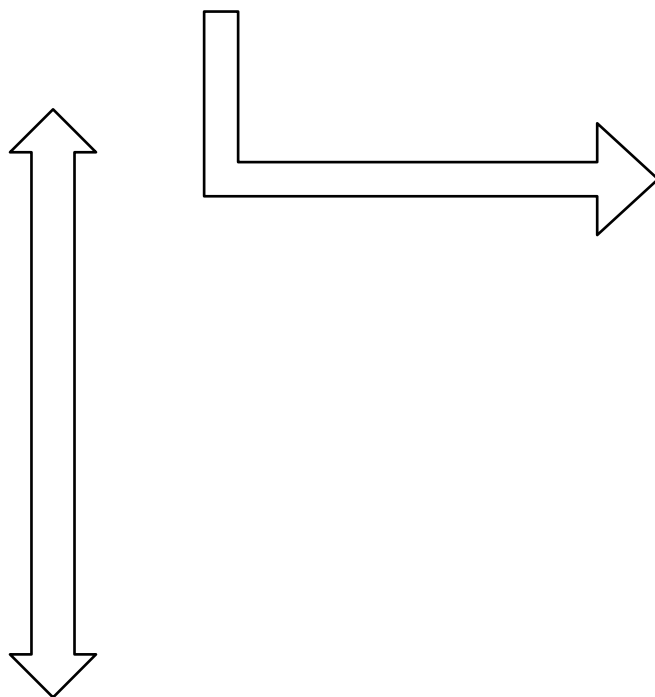
Support for schools re whole school approaches/ training:

- South Gloucestershire CYP Mental health and wellbeing training see the [SG learning development site](#) Training and Mental Health and Wellbeing Award enquires contact mentalhealth@southglos.gov.uk.
- [Mental Health support teams](#) for schools that have one (list on the link) advice on a whole school approach.
- [Health promotion in education settings](#) work programme contact: healthpromotionineducation@southglos.gov.uk.
- Training and support through school SEN clusters (ask your clusters lead SENCO).
- [Integra CPD offer £.](#)
- Ask your link [school nurse](#) for advice around healthy schools.
- Off The Record Resilience lab (Y6 up) and Youth Mental Health Champion (secondary only) FREE training for SG schools contact resiliencelab@bristol.org.uk.
- Diversity trust have an offer to all schools in SG to support a whole school approach to help LGBTQ+ students thrive, including assemblies, policy support and setting up support groups: contact info@diversitytrust.org.uk.
- The [Young carers schools programme](#) offers a range of support, resources, training and the [Young carers award](#) to schools.
- [South Gloucestershire Trauma informed resource library](#) and [BNSSG's Trauma informed practice framework](#).

See the directory [here](#) for more information about organisations listed above and more organisations that support thriving.

(1) Does the child or children need help thriving?

Everyone needs access to information to support them to build tools to stay mentally well. E.g., raising awareness of mental health and wellbeing through the whole population



2) Does the child and or family need support getting advice?

Getting advice- signposting self-management and one-off contact
Where a trusted person gives advice and signposts to further support as appropriate, a one-off intervention or part of a plan that is reviewed such as an EHAP.

There may be difficult life events such as emerging anxiety, stress and or low mood.

If yes to (2) please see the below resources:

GETTING ADVICE RESOURCES AND SIGNPOSTING

- Local toolkits; [South Glos way Inclusion toolkit](#); [Sleep toolkits](#); [Autism toolkits](#); [Emotionally based school avoidance toolkit](#); [Belonging toolkit](#) A range of resources and toolkits for parents, carers and young people are also available [here](#) including Understanding your child's mental health and understanding your child's self-harm.
- [Mental Health Support Teams](#) for schools that have them can advise about individuals.
- All SG schools have a compass link adviser that can advise schools re all services for families contact compass@southglos.gov.uk if you are not sure who your link is.
- 11–25-year-olds can attend an [Off the Record drop in](#) within the community. Secondary schools also work with OTR direct for in school support.
- School nurse drop-in's or students can text the school nurse [ChatHealth service](#) (11-19 year olds), parents can contact school nurses for advice (Primary and Secondary Age) see the phone numbers [here](#).
- [South Gloucestershire Parent Carers](#) group and individual support for parents as well as a variety of workshops, including mental health topics- for parents with children with SEND age 0-25.
- [SENDIAS](#) - for parents with children with SEND age 0-25
- [Soluna by Kooth](#) (10–18-year-olds) a variety of advice via moderated forums and articles.
- [OneYou](#) offers information resources and signposting.
- [NHS Talking Therapies](#) (age 16 +) have an online app and offer advice and signposting.
- [CAMHS website](#), has lots of information. You can ask your link [Primary Mental Health Specialist \(PMHS\)](#) if you are unsure how to support a child or family with their mental health and wellbeing and need further advice from a specialist. Children working with Families Plus or Social Care may be linked to a Primary Mental Health Specialist (PMHS) through these departments, please check initially with the workers. For children that do not have access through these routes all mainstream schools have a link PMHS. Professional consultations can be requested by staff using this [form](#) and need to be sent to awp.camhscommunityreferrals@nhs.net.
- [Educational Psychologists](#); all settings have a link EP who can carry out a range of different work including staff development and systemic projects through the core and traded offers.
- If schools have concerns about a child's behavior or engagement, they can discuss through PLC Education Inclusion Officers via their cluster offer. For secondary schools this can be done through termly scheduled consultation meetings. Primary schools can make contact direct via: EIO@pathwayslearningcentre.org.
- Support and Advice can be gained through Virtual School. For Looked After Children contact The Virtual School Head: steve.claypoole@southglos.gov.uk. For Children and Young People on a CiN or CP Plan contact the Lead for Pupils with a Social Worker: paul.tooth@southglos.gov.uk.

See the directory [here](#) for more information about the above and more organisations that support getting advice

3) Does the child need support getting help?

This is where a child or young person may need a series of evidence-based sessions to support mental health and well-being. This could be groups or one-to-one. E.g., Where they are experiencing mild to moderate anxiety or low mood.

If yes to (3) please see the below resources:

GETTING HELP RESOURCES AND SIGN POSTING

- School based interventions e.g., ELSA, sand therapy etc.
- [Off The Record](#) school and community based, offers group work and one to one (11–25-year-olds) see the directory link below for further VSCE providers locally.
- [Mental Health Support Teams](#), [School Nurses](#), [LAC health team](#), all offer school-based appointments.
- [Soluna by Kooth](#) (10-18 years) online support includes one-to-one text-based counselling sessions with accredited counsellors.
- PMHS's can support some more complex cases. (See contact above)
- Specialist services e.g., bereavement or sexual assault services see the directory link at the end.
- [Educational Psychologists](#) your link EP can offer a range of support, including individual casework through traded and core offer.
- [Integra £](#) have a one-to-one support offer, Pupil and Education support services.
- [NHS Talking therapies](#) for 16+ group work and one to one offer.
- The High-risk group (HRG) - Is a funding & advice panel for young people at imminent risk of Permanent Exclusion or those who experience dysregulated episodes leading to risks in school & multiple suspensions. See further information on the [South Glos way toolkit](#).
- Education Inclusion project (11–16-year-olds), risk of PEX and or serious youth violence, School link- rachel.sharvell-smith@southglos.gov.uk.

Inequality groups

- Also see individual SEN cluster offers (ask your area cluster lead SENCO).
- Some children with complex needs may be supported through an [Education Health Care plan \(EHCP\)](#) .
- LGBTQ+ - [Diversity trust LGBTQ+ mentoring](#).
- Black Families Education support group mentoring programme £- [Black Families education support group.£](#)
- Diversity trust one to one offer to LGBTQ+ YP, [referral form](#).
- For support for 8–18-year-old young carers in South Gloucestershire refer to [Carers support centre](#).

Check the directory [here](#) for more information about some of the above and further organisations that support getting help.

4) Does the child need support getting more help?

If you're working with a child who has a severe, life changing mental health condition that is significantly impacting their life. It may be that they need extensive treatment.

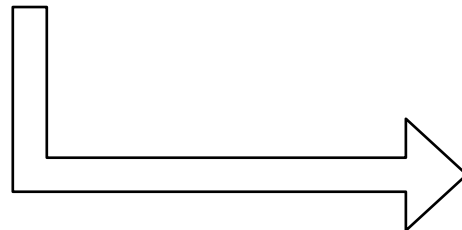
If yes to (4) please see the below resources:

GETTING MORE HELP RESOURCES AND SIGNPOSTING

- [Child and Adolescent Mental Health Service](#) (CAMHS). If you are considering referring to CAMHS consult with a Primary Mental Health Specialist (PMHS) first. Children working with Families Plus or Social Care may be linked to a PMHS through these departments, please check initially with the workers. For children that do not have access through these routes all mainstream schools have a link PMHS. Professional consultations can be requested by staff using this [form](#) and need to be sent to awp.camhscommunityreferrals@nhs.net. Or where you have a direct link, you can contact your PHMS direct.
- There is a specialist CAMHS service for the following: Looked After Children (LAC) children called [Thinking Aloud](#), [CAMHS LD](#) is the specialist learning difficulties CAMHS service. [Be Safe](#) is the harmful sexual behaviour service and [Young People's Specialist Substance Misuse Treatment Service \(YPSSMTS\)](#) is the specialist substance misuse service.
- Think how can the multiagency team support children waiting for or receiving specialist support? Have you considered [Soluna by Kooth](#) for (10–18-year-olds) or [Silver Cloud](#) (parents of 5+, Children aged 13+) to support the child while waiting/ prepare the child to access support. What other support can the family/ community etc. put in place?

See directory [here](#) for more information about organisations supporting with getting more help

(5) Does the child need risk support? You may be working with a child who has a mental health condition that is severely impacting them; at this time, they may not be accessing support from specialist services and there may be concerns about their safety.



If yes to (5) please see the below resources:

RISK SUPPORT RESOURCES AND SIGN POSTING

- Risk is everyone's responsibility it is key that all agencies play a role in keeping the child safe, through a joined-up trauma sensitive, relationship-based plan.
- For support during a mental health crisis, contact [NHS 111 online](#) or **by phone** and select Option 2 to be connected to a mental health professional who can provide advice, support and help. The service is available 24 hours a day, 7 days a week for people of **all ages**.
- If you have ANY concerns about possible abuse, it **MUST** be reported to the Access and Response Team by calling 01454 866000 or 01454 615165 (out of hours).

Further information to consider...

Many services welcome a phone call to advise before deciding on the referral point. Please **AVOID** multiple referrals to same or similar support; this is generally **NOT** positive for children and families and reduces the capacity of services. For an example of organisation criteria please see the Mental Health Support Team document below.

[MHST referral criteria leaflet](#)

Any questions about this pathway document please contact mentalhealth@southglos.gov.uk