

Children's Mental Health Week 3rd-7th February 2025 Know Yourself, Grow Yourself

We all have mental health, just like we all have physical health. It's OK to not be OK.

We all struggle sometimes and there is help available.

If you need help in a mental health crisis:

999	Emergency interventionLife threatening condition
0800 6444 101 or NHS 111 opt 2	 Urgent mental health needs Feeling unsafe, distressed or worried Hearing voices or seeing things others can't Feeling unable to cope Thinking about harming yourself or others
or	
Mental Health Urgent Care Centre	Click here for more information about the Urgent Care Centre
0800 6444 101 or E: hpft.spa@nhs.net	 Needing help and guidance but it's not an emergency Needing advice about anxiety/worries Mood changes Withdrawing from people If you just want to talk

Internal Support

Wellbeing Hub

The Wellbeing Hub is a safe space for pupils to come and share any worries or upsets they have. The children will learn strategies to help with anxieties and it is a place for them to come and have a regulation break. Also, the Wellbeing Hub provides soft start for children.

- The wellbeing hub is open 8-30 until 8.40 every morning
- Breaktimes
- Monday lunchtime workshop with the Mental Health support team
- Children with a wellbeing hub pass may use the pass for 5-10 minutes regulation time in lessons, if needed.

Mental Health Support Team

The Wellbeing Hub team will be the ones who refer children to the Mental Health Support team, and with them they will participate in some Cognitive Behavioural Therapy (CBT) sessions. In addition to this, the team will deliver workshops to both parents and pupils, and they can refer the children onto other Mental Health services if it is needed.

If you are worried about your child's health and wellbeing, please contact the Wellbeing Hub – <u>Wellbeinghub@edwinstree.herts.sch.uk</u>

If you feel your child is struggling with friendships or work, please contact your child's Head of Year or Tutor.

External Support

Support Numbers

If you or your child is in need of urgent help, please speak to:

Single Point of Access (SPA)

Mental Health Helpline on:

0800 6444 101 (SPA provides 24-hour mental health support)

If you are not sure what to do or are unable to speak to SPA please call NHS **111** and select **option 2** for mental health services.

Emergencies: If someone's life is at risk please call 999



Beat Eating Disorders

Help and support for individuals and families with eating disorders.

The UK's Eating Disorder Charity - Beat



Samaritans

Call from any phone anytime for free 116 123



ChatHealth

Chat Health is a confidential texting service offered by the Hertfordshire School Nursing Team. It's safe and easy for you to speak to a qualified health professional. We provide advice, help and support to teenagers, with any health issues such as mental and emotional health, sexual health, healthy eating, bullying, alcohol, drugs, and stopping smoking. Whatever's on your mind, we can help. Even if you just need someone who understands or want advice for a friend. Chat Health: 07480 635050



Nessie

Hertfordshire parents - NESSie IN ED, CIC

Children and Young People Mental Health – Early Help Parent support Service for Parents/Carers in Hertfordshire

What we offer:

- Free online and face-to-face workshops
- Parent Support line: 07932 651319
- Private moderated Facebook support group: Nessie Parent/Carer Support Group
- 1-1 targeted brief support sessions
- Peer support groups
- 'Drop In and Chat Coffee Mornings' where you can discuss anything and everything



Young Minds

- YoungMinds
- If you're worried about your child or young person's mental health or wellbeing, you can call
 the Parents Helpline on: 0808 802 5544, Monday Friday 9.30am 4.00pm. The helpline provides
 detailed information, advice and support to parents or main carers of children and young
 people aged 25 or under.



Beacon

- Hertfordshire Beacon Victim Care Service
- Provides support to anyone who has been affected by crime. The current situation may have a
 huge impact on someone's ability to cope and recover from a crime or incident. They are still
 providing support via phone and email to victims and witnesses, regardless of how long ago
 the crime happened or whether it has been reported to the police. Please see website for
 further information.

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Sandbox

- Sandbox Homepage (mindler.co.uk)
- The Sandbox is an NHS-funded service to support children and young people in Hertfordshire with their mental health and well-being. The Sandbox is a central place for resources about common mental health issues, with information on how to access additional support or emergency services.



WithYouth

A digital service that provides support to young people who are experiencing mental health needs or would like support with their emotional wellbeing. The service is open every day from 2pm-10pm.

Hertfordshire Children and Young People's Mental Health Service Directory

The services below provide a combination of early intervention and more specialist support for children and young people's mental health. Click the service name to be redirected to more information.



NESSie Parenting @ & 🕻

C Telephone service

Online/virtual service

A Face to face service

- Referral required
- Reaching developmental and emotional milestones, learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities.
- Difficulties with normal life problems, poor self confidence, low self esteem, low aspirations, difficult family relationships, poor peer relationships, experimental substance misuse, bereavement, poor concentration, difficulty sustaining relationships, some worries, low mood.
- Many worries, high levels of anxiety, persistent low mood, body image concerns, behaviour puts peers at risk, persistent or high risk substance misuse, risk taking behaviour, unable to display empathy, difficulty coping with anger or frustration, bereavement by suicide/suspected suicide, withdrawn or unwilling to engage, disruptive or challenging behaviour, unable to maintain peer relationships (bullying, bullied or aggression etc).
- Mental health problems which are:
 - · Persistent, complex and severe
 - Present in all environments (home, school, with peers)
 - Beyond a normal response to life's problems
- Deliberate self harm requiring hospital treatment, suicidal ideation with imminent plan and means, psychotic episode (hearing unexpected voices, unrealistic or racing thoughts not related to physical or substance misuse), intentional overdosing, persistent inability to engage with services or support offered, risk taking behaviour with no underlying mental health disorder, unresponsive to treatment and continuing to decline.