

Supporting Mental Health and Wellbeing in Hertfordshire

At Edwinstree Middle School, we are committed to supporting the mental health and wellbeing of all our students and families. We understand that mental health challenges can affect anyone, and we want to ensure that you have access to the right support when needed.

If you have any concerns about your child's mental health, we encourage you to reach out to us or explore these local resources. You can find more information on this website [Mental health and wellbeing | Hertfordshire County Council](#) or by speaking with our mental health support team.

In Hertfordshire, there are a range of services available to support children, young people, and families with mental health and emotional wellbeing. These include:

- **Hertfordshire's Children and Young People's Mental Health Services (CAMHS):** Providing specialist support for young people experiencing significant mental health difficulties.
- **Your GP Practice:** Your GP can also refer you to a psychological therapy service or a specialist mental health service for further advice or treatment. The treatment may be provided on a one-to-one basis or in a group with others with similar problems. Therapy can also sometimes involve partners and families.
- **Step2 and The Wellbeing Service:** Offering early intervention and short-term support for young people dealing with anxiety, low mood, and stress.
- **Sandbox** The Sandbox is an innovative **digital mental healthcare** service for **Children and Young People**. **Mental health struggle** is something most of us will experience at some point in our lives – it's simply part of being human. We're here for you when that happens. We work together with the **NHS, local government, and other organisations** to help Children and Young People with their mental health.
- **Hertfordshire Mind Network:** Providing mental health support for people of all ages, including free courses and community-based support.
- **Just Talk Hertfordshire:** A campaign aimed at reducing stigma and providing young people with tools to talk about their feelings and access support.
- **SPACE** Supporting families in Hertfordshire
We are an award-winning Hertfordshire based charity supporting families of children and young people who are neurodivergent (Autism, ADHD, Dyslexia, Dyspraxia, Dyscalculia, Tourette's and other neurodiverse conditions.)
Whether you think your child may be neurodivergent, are going through the diagnostic process, or have already received a diagnosis you are in safe hands. Everything we do is designed to help you navigate local services, build confidence, share knowledge and enjoy social opportunities and activities where you, your children and young people can 'be themselves'. You can find out more about the impact we have on local children, young people and families in our latest [impact report](#).

- **SENDISS**

SENDISS was established with the vision to provide a holistic service of support, training and advice for schools relating to SEND in addition to thorough auditing and specialist assessment of individuals from age 6 - adult. The service is completely independent allowing schools and families to obtain an objective and unbiased view, based upon 30 years' experience of working within the UK field. The goal: to improve outcomes for neurodiverse children and young people experiencing a special or additional educational need and/or disability and to ensure that all children are able to access an education which is safe, caring and supportive of emotional wellbeing as well as able to meet their individual needs.

- **Access:**

- To enable individuals with SEND to access their learning environment through identification and rigorous assessment of their individual needs and barriers to achievement

- **Achieve:**

- By providing teachers with the skills needed to support children and young people with SEND, they are empowered to achieve in line with their potential

- **Empower:**

- Teachers, SENCOs, specialist providers and parents of children and young people with SEND.

- **ADD-vance?**

ADD-vance is a registered charity with a team of over 40 dedicated trainers, coaches, admin staff and volunteers. ADD-vance was set up in Hertfordshire in 1996 as a constituted voluntary organisation by Anne Ross. Anne, a parent of a neurodivergent child, found little support for mums like her so resolved to fix the situation. ADD-vance started as a telephone helpdesk in Anne's home and grew to include support groups, training and coaching. In 2013 we registered as a charity. Today we have a small office in Hatfield that supports our trainers and coaches who work all over Hertfordshire and beyond.

ADD-vance is a dedicated group of professionals, who also happen to be parents of neurodivergent children. Our mission is to support neurodivergent families, and the professionals involved in their care. We want to increase understanding, provide support and change perceptions of these complex neurological conditions, so as to improve the wellbeing and reduce the social isolation of these young people and their families.

Please remember that mental health is just as important as physical health, and seeking support is a sign of strength. We are here to help and work together to ensure the wellbeing of all our students.

If you have any questions or would like further information, please do not hesitate to contact us:

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