

LANCASHIRE EMOTIONAL HEALTH IN SCHOOLS SERVICE: 2017-2018 REPORT



Funded by:



WHAT WE
HAVE DONE

40 training sessions delivered to school staff and pupils



74%

Lancashire high schools accessed the service

650

training attendees



Staff training on children's mental health



Anxiety & stressbusting sessions for pupils



Self-care training for staff



WHAT PEOPLE
THINK ABOUT IT

100%

attendees reported **improved knowledge** after training

100%

felt their **confidence improved** after training

What helped?

- "Learning **practical strategies** that I can use"
- "Improving my **knowledge** of mental health"
- "Learning **new skills** I can use to talk to pupils"
- "Getting **practical resources** I can use"

What Was Useful?

- "Helps me understand pupils better and think about them in a different way"
- "Helped me take a more positive perspective on pupils' behaviour"
- "Using the ideas within a whole school approach"
- "Sharing ideas and resources with my team"

WHAT DIFFERENCE
HAS IT MADE?

"It has made a massive difference to me in the school environment that I work in. It's helped give a consistent approach to mental health across school."

"It has increased awareness of mental health among pupils and staff and also given us tools to help pupils cope better."

"It's helped me to help pupils understand how they are feeling. I think children very often feel 'there's only me that feels like this' or 'I'm going mad'."

"It has had a significant impact on how my department assesses mental health needs, and has increased awareness of mental health issues across the school."

For more information & how to access the service, contact Richard Slinger, LEHSS lead: r.slinger@lancaster.ac.uk

www.lehss.co.uk

<https://lehss.eventbrite.co.uk>

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