

Funded by:



Lancashire Emotional Health in Schools Service



If you would like to get in touch to discuss how your school can access this service, please contact lead Clinical Psychologist, Dr. Richard Slinger:

r.slinger@lancaster.ac.uk

Aims of the Service

To increase staff understanding of emotional health and wellbeing.

To help school staff identify mental health issues in young people and appropriately target support.

To help school staff learn skills and techniques to support young people to manage their emotional well-being and to build resilience.

To help schools link better with outside agencies in order to access specialist support.

To help school staff feel more confident in their ability to talk to young people about their well-being.

Lancashire Emotional Health in Schools

The Lancashire Emotional Health in Schools Service delivers training and support to Lancashire primary and secondary schools and colleges. We aim to help staff feel more skilled and confident in identifying, understanding and managing children's mental health difficulties.

We are a team of experienced clinical psychologists who can work with your school to help you feel more confident in identifying and supporting emotional/mental health issues that your pupils may be experiencing.

We provide a combination of training and more individualised support to staff.

This is a joint initiative between Lancashire County Council Public Health and Lancaster University.

All work with schools is free of charge.



What Will It Achieve?

Increased staff knowledge and awareness of mental health issues.

Improved staff skills in being able to support and manage common difficulties experienced by young people.

More effective early identification of mental health issues

More effective support to pupils

More effective signposting to specialist services

Reduce the number of unsuccessful referrals to specialist services.

Improved staff confidence and well-being

Contact us at:
r.slinger@lancaster.ac.uk

www.lehss.com

Training

Training is delivered either in school or in full day sessions at Lancaster University.

In-school training can be organised and provided for all members of staff. Topics and learning outcomes for the session will be jointly produced by the school and the service. This will ensure that the training is targeted effectively, and likely to produce a change in knowledge and/or practice in school, and is therefore worth the investment of your time. Training can take several formats, including full or small staff group training on particular topics or small group practical skills-based training.

Training delivery will be negotiated with you in order to maximise staff attendance, e.g. whether this is provided on planned INSET days, during normal school hours, or after school.

Sessions delivered to date have included:

- Understanding young people's mental health
- Enhancing communication skills for supporting emotional health issues
- Understanding self-harm
- Understanding attachment
- Practical anxiety management techniques

Support through Consultation and Supervision

We also provide individual and small group consultation/discussion sessions, where the clinical psychologist and staff discuss individuals or groups of young people where there are concerns around mental health. The aims of these meetings are to help staff better assess and understand a young person's mental health needs and to discuss possible in-school strategies and interventions.

Feedback from Schools

"The training was really relevant, well delivered and positive, and was appropriate for a range of staff."

"The best thing is that it has helped our reasoning about why a pupil is acting in the way they are. It's provided really helpful pointers on how to progress our work in school"

"Training and consultation has given us time to take time out and really think about how to help these children."

"Talking and offloading stuff makes me think a lot more clearly about my work. It helps me stay mentally well too, and then I do a better job for the kids"