

Thought-Full work in schools to support and help improve the mental health and wellbeing of pupils.

We can deliver 1:1 intervention(s) for up to 10 sessions in:

- Anxiety
 - Social Anxiety
 - Separation Anxiety
- Angry outbursts (related to anxiety)
- Low mood
- Low self-esteem
- Phobias
- Poor eating patterns
- Sleep hygiene & routines
- Worry

We will only work on one of the above identified needs, even if several co-occur at the same time.

Our offer of 1:1 support uses an evidence-based approach of Low Intensity **Cognitive Behavioural Therapy (CBT)** informed interventions.

CBT focuses on **thoughts, feelings** and **behaviour cycles** and is goal focused.

CBT works to change the pattern of your thoughts and feelings that keep you stuck, to enable you to respond and behaviour in a different way.

How to access support for a child or young person through Thought-Full:

- ↳ Talk to the **Senior Mental Health Lead (SMHL)** at school. Tell them what the *difficulty* is and what you would like to be different.
- ↳ If the SMHL agrees it is within our remit of work, the school **can send a referral** to Thought-Full for us to triage their needs.
- ↳ If your child is under 16, we will gain consent from their parents.
- ↳ If we feel we are an **appropriate service** and we could deliver a suitable intervention: they will be assigned to a member of the team or to the school's wait list, until a practitioner becomes available.
- ↳ If we are not the appropriate service, we will help the school by signposting.
- ↳ When the child is allocated to a practitioner, they will contact you as a parent to arrange their sessions, as some may involve working with you directly as their parent.
- ↳ Our staff work with your child / young person by using questionnaires to decide what the most appropriate intervention is.
- ↳ Once we understand the difficulty, your EMHP will help your child/ young person to set goals and begin to work through their difficulty.

- ↳ Your child / young person must show that they would like to see some change.
- ↳ There will be tasks set each week to try at home or at school, that we will discuss in our sessions.
- ↳ The EMHP will meet with your child / young person weekly for up to 10 sessions before closing. They will review the goals and help to make a **setback plan**.

Where possible please liaise with your school's Senior Mental Health Lead (SMHL) *before* contacting us

St Wilfrid's RC Comp Secondary Sch

SMHL: Cheyenne Lay

Thought-Full Team:

EMHP(s): Frances Erol/ Becca Lomax
Advisory Teacher: Samantha Saunders
SMHP: Tracey Difrancescomarino
Educational Psychologist: Audrey Hunt
Voice & Participation: Amy Fletcher

*Please note that we are not in **all** schools due to funding constraints.*

*There is **a full list** of the schools we currently work with on our website*

Thought-Full are The Mental Health Support Team in Schools in West Sussex.

We are a joint commissioned WSCC and NHS team of practitioners working in Primary, Secondary, Special and Alternative Provision schools supporting pupils, parents, and school staff in several different ways.

We offer **psycho-educational workshops, interventions, training and consultations** to support schools to take a *whole-school approach* to mental health and emotional wellbeing.

We support children at the early stages of these difficulties when they are described as **mild to moderate**. If problems are more complex then we will help school staff to find the right direction through **advice, support, and signposting**.



▲ Our offer to schools focuses on 8 principles as set out by Public Health England.

Please note we are **not** an emergency service:

If you are in immediate danger or need urgent medical attention, please **dial 999** or go to your **nearest A&E**.

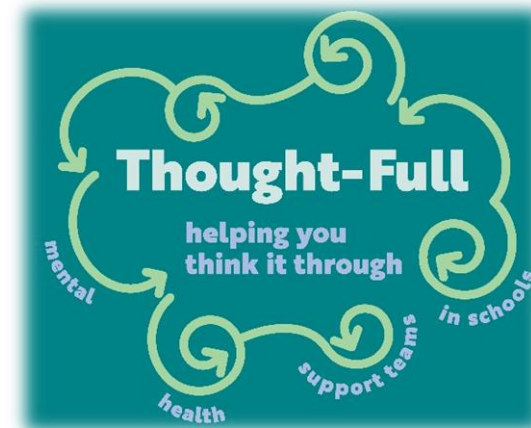
If you feel unsafe or need additional support for your mental health and wellbeing, then contact your GP or **call 111** for out of hours support.

If you are experiencing a mental health crisis you can also contact the **SHOUT** messenger service:

Text **SHOUT** to **85258** for free 24/7 support across the UK.

You can also access **The Sussex Mental Health Line** on **0800 0309 500**.

To access other mental health and emotional wellbeing support services in West Sussex please visit **e-wellbeing.co.uk**



Thought-Full MHST:

Mental Health Support Teams in Schools



For more details visit our website:

www.westsussex.gov.uk/Thought-Full

email us at:

thought-full@westsussex.gov.uk

Find us on social media:

 **Twitter** [@ThoughtfullMHST](https://twitter.com/ThoughtfullMHST)

 **Facebook** [West Sussex Thought-Full](https://www.facebook.com/WestSussexThoughtFull)

 **Instagram** [Thought-Full](https://www.instagram.com/Thought-Full)