

# Emotional health and mental wellbeing service in your school



**One in eight**, 5-19 year olds experience a mental health disorder



**50%** of mental health problems are established by 14 years old

Mental health and wellbeing plays an important role towards helping your child get a good education. It is just as important as being physically healthy. Historically, mental health and wellbeing has not been talked about and support and advice hasn't always been readily available.

At Wigan's Child and Adolescent Mental Health Service (CAMHS) we are passionate about changing this by working in partnership with schools to promote, inform and support all children and young people with their emotional health and mental wellbeing. To help us do this better, we have introduced a School Link Team.

## Who we are

The Wigan CAMHS School Link team has practitioners who specialise in working with mental health needs and illness in children and young people. Each school in Wigan has a dedicated practitioner who works with the school's pastoral, SENCO and other staff.

## What we do:

- Work with school staff to help build their emotional health and mental wellbeing knowledge
- Support your school to promote and share advice about staying emotionally healthy and mentally well
- Attend assemblies and teaching sessions to talk about emotional health and mental wellbeing
- Offer advice and guidance when a young person, guardian or professional is concerned about a young person
- Work with staff to develop plans to support a class or individual
- Support young people with mental health disorders or illnesses to access the right support from the right service

## What you need to be aware of:

When school staff feel that they need some support from us, they may seek advice from the team.

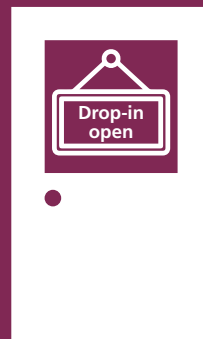
This may involve discussing the class your child is in or observing the practice of staff.

So that we can help all children and young people learn skills to help them understand and look after their own emotional health and mental wellbeing, we might hold talks in the class your child is in.

For children aged **11 and over**, we will be offering individual drop in session where they can get advice about. Your child may choose to come see us in one of these sessions.

If there are specific concerns about an individual child's or young person's mental health, staff may seek advice and support for that young person.

When this happens the staff member will discuss their concerns with you first and let you know that they are planning to speak to the team for expert advice.



## Data protection

As a health service we collect data about the types of emotional health and mental wellbeing that children and young people in Wigan are experiencing, together with relevant personal information (eg name, address, date of birth). When concerns about an individual child or young person are discussed this information is recorded and stored on our electronic patient record system, RiO. Information is held confidentially and securely in line with data protection legislation. Further information about our data protection and record keeping procedures can be found on our website:

[www.nwbh.nhs.uk/data-protection](http://www.nwbh.nhs.uk/data-protection)

This service is open to all child and young people. If you have any questions or concerns about the service, please speak to your school.

If you do not want your child to be involved with the Wigan CAMHS School Link team please let your school know.

More information about our team can find on our website

[www.nwbh.nhs.uk/school-link-team](http://www.nwbh.nhs.uk/school-link-team)

*\*Source: Mental Health of Children and Young People in England, 2017*

