

Framework and Needs Assessment

A school that effectively supports pupils' mental health and resilience has:



Mental Health and Resilience in Schools (MHARS) Self assessment sets out 7 key areas for good mental health, wellbeing & resilience. We will support you to assess your current practice, support development & celebrate good practice.



5 Ways to Wellbeing Award- Based on a framework of 5 everyday activities that boosts children's wellbeing. Schools can achieve the award by imbedding these activities into everyday school life. We recommend this is driven by the school council with our support

For Staff – Wellbeing



Staff Wellbeing Workshop

Helps staff to reflect on what impacts their wellbeing within school and explore possible solutions as a school to improve staff wellbeing.



Stress Awareness Training or workshop

Helps staff understand how the body reacts to stress, the impact it has on our mental health and ability to function at work and introduce tools to reduce stress.



Guided Mindfulness sessions

Sessions last between 30 and 60 minutes and provide the opportunity to explore mindfulness with the support of a qualified mindfulness coach*as part of follow on sessions to staff wellbeing

Youth Lead Campaign Training-for CYP

Equips young people with the knowledge, skills and resources to deliver campaigns to challenge stigma and discrimination which will creates a culture were young people can talk openly about mental health

Staff Training



Basic Mental Health Awareness Training- Provides a basic knowledge of children and young people's mental health including; risk and resilience factors, wellbeing, resilience and support available.



Self-Harm Awareness Training- Provides a basic knowledge of self-harm including; why young people self-harm, risk factors to look out for, tips for talking about self-harm and support available



Resilience workshop- Provides an overview of the resilience framework and how it can be used to build children and young peoples resilience.



KOOTH Training: Offers staff a comprehensive overview of the Kooth service, to aid signposting of young people to Kooth. This session includes a live site tour, safeguarding information and a Q&A-

For young people a brief introduction to Kooth.com . They will show the range of support features available on Kooth, including how to sign up and access counselling support. Once staff and young people have had this training schools can then have **Enrichment Offer- workshops for CYP on wellbeing.**

Recommended Training



Mental Health First Aid- 2 day course Will teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need- For further info contact Halton Behaviour Support Service HBSS@halton.gov.uk



Emotional Literacy Support Assistant Training (ELSA)- ELSA training aims to give Teaching Assistants / Pastoral Workers / Learning Mentors the knowledge and skills they need to plan and deliver individualised programmes of support to pupils with additional social, emotional and mental health (SEMH) needs. For Further information contact a member of the Educational Psychology team [Educational Psychology team details](#)



Bespoke SEMH training packages-The Educational Psychology Service can offer a wealth of bespoke training packages that can be delivered to promote the SEMH of children, young people, parents, carers and/or staff. For Further information contact a member of the Educational Psychology team [Educational Psychology team details](#)

Specialist support available



Educational Psychology team- Work with Families, schools and other professionals to bring about positive change for children and young people where there are concerns about their learning, behaviour or emotional wellbeing. For Further information contact a member of the Educational Psychology team [Educational Psychology team details](#)



Halton Behaviour Support Service-Work collaboratively with schools across the primary and secondary age range to embed a culture of consistency of practice, promote positive behaviour management policies, techniques and strategies. Offers Mental Health First Aid Training For further information contact HBSS@halton.gov.uk



Nurturing Approach - Nurture is a whole school approach which involves developing physical, social and emotional resilience, in order to allow children and young people to thrive. There are also regular network meetings to provide support and training for schools. For further information visit [Halton Nurture Strategy](#)



CAMHS- Support children and young people up to age 18 with their emotional and mental health and wellbeing. For further information or to contact CAMHS visit [Halton Child and Adolescent Mental health Service](#)

Name of school	Name of Staff member	Title	Email

Framework and Needs Assessment

- Mental Health and Resilience in Schools (MHARS)
- 5 ways to wellbeing award

For Staff – Wellbeing

- Staff wellbeing workshop
- Stress Awareness for staff
- Guided Mindfulness sessions

Youth Lead Campaign Training for Young people

- Campaign work for young people

Staff Training provided by Healthy Schools

- Mental health Awareness
- Self Harm Awareness
- Resilience workshop
- KOOTH Training

Specialist support available

Would you like to receive more information on specialist support available?

- Educational Psychology
- Halton behaviour Support Service
- Nurture
- CAMHS