

## How do I get support?

You can get support by speaking with a member of staff with in school, this may be your form teacher, head of year or any teacher you trust. They will help to get support in school.

If you want to talk to someone but you don't want it to happen at the school, you can let the school staff know this and we can get someone to talk to you away from school.

You can also access free online advice and someone to talk to at [www.kooth.com](http://www.kooth.com)

## 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.

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

\*source:

<https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2017/2017>

# Staying Well

## Emotional health and mental wellbeing in your school

### Is something worrying you?

**Are you struggling with your mood?**

**Are you going through a difficult time?**

**Just feeling different and you don't know why?**

### Not sure what to do!

Don't go through it alone.

There is advice and support that you can access at 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

You don't have to be diagnosed with a mental health condition. You may experience times where you struggle with your emotions to the point where it affects the things you enjoy, your time at school and time with friends and family. Like physical health, being emotionally and mentally healthy is important to help you achieve your goals in life.

To support young people in your school to stay well, your school have joined up with Wigan's child and adolescent mental health service (CAMHS) school link service. We're working together to promote, inform and support all young people at school with their emotional health and mental wellbeing.

### Who are we?

We're the **Wigan CAMHS school link team**. We specialise in working with emotional and mental health needs/ illness in children and young people. Your school has a dedicated practitioner who works with the school's pastoral, SENCO and other staff to support you.



### What do 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, parent/carer or professional is concerned about a young person
- Support young people with mental health conditions or illnesses to access the right support from the right service

### What you need to be aware of:

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

This may involve discussing or observing the practice of staff in the class you're in.

To allow us to help all young people to learn skills to help them understand and look after their own emotional health and mental wellbeing, we might hold talks in your class.

Young people aged 11 and over, may choose to or be invited to come and speak to us to get advice and support in both individual and group sessions.

If there are concerns about an individual 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 where necessary your guardian/parent/-carer to let you know that they are planning to speak to the team for expert advice.

