

# Mental Health Support

TEAM



Email: [cfhd.mhstadmin@nhs.net](mailto:cfhd.mhstadmin@nhs.net)

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## *Mental Health Support Teams for Schools: Torbay.*

Our team provide opportunities of support for children and young people with emerging, mild or moderate mental health difficulties impacting on day to day life. Depending on the age of the child or young person, our interventions can be accessed by children and young people, parents and carers.

We further provide support directly to school leadership teams with the aim of identifying themes of mental health need within their school community. This collaborative, needs led analysis will aim to develop existing mental health strategies to support the whole school approach to mental health. This service aims to promote the early detection and prevention of mental health issues across the whole school, and strengthen links between schools and wider childrens services.

Our educational mental health practitioners (EMHPs) are available to provide direct services within schools around mental health and wellbeing. This might include:

- Providing direct evidence-based interventions focused on mild to moderate mental health conditions, such as anxiety, low mood or behavioural challenges.
- Parent-led brief interventions for parents of children under 12 years of age
- Providing training, education and advice to pupils, parents and school staff to help them better support their pupils around mental and emotional wellbeing.
- Groupwork and training on specific themes
- Providing consultation to key staff to support the identifying of needs and appropriate services (where not appropriate for MHST intervention)
- Supporting schools to develop mental health resources/information packs
- Championing mental wellbeing and resilience across the whole school community, providing guidance around issues such as bullying and coping with exam stress.
- Develop a strong participation group with staff, students and families with the aim of evolving the service to fit local need.

### Our Team:

- Emma Walker - Operational and Clinical Team Manager
- Karen Coburn - Education Mental Health Practitioner Supervisor
- Gemma Turpin - Education Mental Health Practitioner Supervisor
- Suzanne Bryant – Education Mental Health Practitioner
- Kay Wetten - Education Mental Health Practitioner
- Sam Clifford - Education Mental Health Practitioner
- Dean Holland – Business Support Team Lead
- Sarah Lewis – Operational and Clinical Service Lead

### How to access:

We are accepting self referrals and assisted referral only. This aims to promote autonomy for our young people and families in accessing the support they feel they need at a time they need it most.

We recognise that as school staff you may wish to discuss concerns you have for a student prior to signposting them to us. We are requesting that prior to signposting, school staff arrange an anonymous consultation with a member of our team. Following consultation, a service request form can be completed by children, young people and families and sent to the single point of access.

When referrals are received we will contact the family and plan the next steps. This might be a wellbeing conversation with us or a letter with some first step mental health care advice. Where possible we would hope to respond to referrals within two working days.

To arrange your staff consultation please contact Sarah Lewis on 07866 159 127 or via the above email address, who will arrange a convenient time with you.