

Mental Health & Wellbeing Offers Available to Leicestershire Schools

Leicestershire County Council is pleased to be able to provide support, advice and funding to help improve mental health and wellbeing within school communities in the county.

Leicestershire Healthy Schools

The Leicestershire Healthy Schools website includes bitesize **CPD** for professionals, as well as classroom resources and training materials that can be used by teaching staff, parents, carers and young people.

On the website, you will also find information on **Wellbeing for Education Recovery**. This is a dynamic coaching programme that explores the loss and impact of Covid-19 in the school community.

In addition, the **Leicestershire Educational Psychology Service** is delivering coaching and networking via the recovery programme.

Leicestershire Healthy Schools also fund the **Youth Mental Health First Aid Programme**. Register for MHFA England accredited training that supports school-staff to recognise early signs of poor mental wellbeing and improve confidence to provide early support.

Learn more:

www.leicestershirehealthyschools.org.uk

Link Programme

The Link Programme is an established national initiative to support children's mental health. Details about the Link programme are circulated regularly through the Headteachers' Briefing.

Learn more by searching

Anna Freud – The Link Programme

on the web.

Senior Mental Health Lead Training

The Department for Education (DfE) is offering a £1,200 grant for a senior member of school staff to access quality assured training to implement an effective whole school approach to mental health and wellbeing.

Learn more and apply for the grant:

www.gov.uk/guidance/senior-mental-health-lead-training



Primary Mental Health Team

Primary care services can use this resource when they are concerned about the mental wellbeing of a young person.

Learn more:

www.leicspart.nhs.uk/base/camhs-primary-mental-health-team-county-and-rutland

Professional Advisory Service

Contact directly for advice or guidance by calling **0116 2955048**. Phonelines are open **12:00 to 14:00** (subject to change)

Checklists, policies, and resilience programmes

Leicestershire County Council has produced tools that schools can access to help develop and deliver a more committed wellbeing strategy.

These tools are available upon request from

Governors@leics.gov.uk

How schools have responded to the Wellbeing for Education Return:

"It has been great to hear how other schools are getting on and what has worked well and what has been challenging."

"A positive approach to wellbeing and reviewing where we are as a school..."

"A chance to reflect on what is going well and what we need to look at."

"Lovely to see lots of positive faces talking about wellbeing."

