

Sefton Children and Young People's Emotional Wellbeing Toolkit 2021/22



Contents

Foreword	1
The THRIVE Framework.....	3
The LINK Programme	3
What is it?	4
Benefits	4
How do we know it works?	4
CASCADE Framework	5
Emotional Wellbeing Support.....	6
Supporting Pupils.....	6
Supporting Staff.....	7
Supporting Families	8
Resources To Support Professionals	10
Understanding of parental mental health and the impact	10
Free National Guidance & Resources	11
National helplines and websites	11
The Samaritans DEAL	12
Step By Step	14
Sefton Safeguarding Children Partnership (SSCP).....	16
Sefton Emotional Wellbeing & Mental Health Pathways.....	17
Emotional Wellbeing & Mental Health Services	18
COPING	19
GETTING HELP.....	25
GETTING MORE HELP	37
GETTING RISK HELP	39
References.....	41

Foreword

“Happiness is someone to love, something to do and something to hope for.” —Chinese Proverb

Welcome to the third edition of the Sefton Emotional Wellbeing Toolkit. Sefton schools and providers of services to children and young people take the issues of emotional wellbeing and mental health very seriously, and continue to work together to make improvements that benefit everyone.

Since the first edition of the Toolkit early in 2020, several challenges arose relating to the Covid-19 pandemic. The full impact of the pandemic and associated ‘lock-downs’ are not fully known. Studies carried out during the pandemic suggested that although some families coped well, others faced financial adversity, struggled to home school, and risked experiencing vicious cycles of increasing distress.ⁱ Although in the same study, a quarter of young people reported that lockdown had actually made their life better.

The England’s Mental Health of Children and Young People Surveyⁱⁱ reported that probable mental health conditions increased from 10.8% in 2017 to 16% in July 2020 across all age, sex, and ethnic groups. Further to this in September 2021, NHS Digitalⁱⁱⁱ reported that

- Rates of probable mental disorders have increased since 2017; in 6 to 16 year olds from one in nine (11.6%) to one in six (17.4%), and in 17 to 19 year olds from one in ten (10.1%) to one in six (17.4%). Rates in both age groups remained similar between 2020 and 2021.
- 39.2% of 6 to 16 year olds had experienced deterioration in mental health since 2017, and 21.8% experienced improvement. Among 17 to 23 year olds, 52.5% experienced deterioration, and 15.2% experienced improvement.
- The proportion of children and young people with possible eating problems increased since 2017; from 6.7% to 13.0% in 11 to 16 year olds, and from 44.6% to 58.2% in 17 to 19 year olds.
- Problems with sleep on three or more nights of the previous seven affected over a quarter (28.7%) of 6 to 10 year olds, over a third (38.4%) of 11 to 16 year olds, and over half (57.1%) of 17 to 23 year olds. Across all age groups figures were much higher in those with a probable mental disorder (59.5%, 74.2%, 86.7% respectively).
- 10.6% of 6 to 16 year olds missed more than 15 days of school during the 2020 Autumn term. Children with a probable mental disorder were twice as likely to have missed this much school (18.2%) as those unlikely to have a mental disorder (8.8%).
- The proportion of 6 to 16 year olds with a laptop or tablet they could work on at home increased from 89.0% in 2020 to 94.4% in 2021. The proportion receiving regular support from school or college also increased, from 73.7% in 2020 to 79.9% in 2021.

Despite these challenges Sefton continues to make good progress notably:

- The recommissioning of Kooth for 10-25 year olds.
- Establishment of a new Kooth Stakeholder Management Group to oversee delivery of the service in Sefton, it includes key partners, commissioners, education representatives and children and young people.

- A successful national bid for two Mental Health Support Teams, to be fully operational in early 2022.
- A further funding bid for a third Mental Health Support Team has been successful, meaning from 2023 they will support around 60% of Sefton schools and colleges – a higher percentage than most areas of the north west.
- The expansion of the emotional health and wellbeing offer of 0-19 School Nursing.
- The expansion of the Early Help offer via Family Wellbeing Centres and the community and voluntary sector.
- The development of Adverse Childhood Experiences training for partners and stakeholders.
- Secured further funding to train 2 x Adverse Childhood Experiences Recovery Facilitators to further embed the training in all services and areas of work.
- The embedding of Trauma-Informed Training for schools and people working with children and young people.
- The establishment of the SYMBOL Group and Young Advisers, to make sure that the voice of children and young people are heard consistently and clearly influence policy and commissioning activity.
- Embedded the THRIVE Framework into commissioned and partnership work.
- Strengthened links with Sefton Camheliions and different engagement groups.
- The completion of phase 1 of the Wellbeing for Education Return by 50% of schools/colleges in Sefton. Phase 2 – to take place this year – will engage the other 50%.
- A successful bid to be one of fifty local authorities to work jointly with the Anna Freud Centre and implement The LINK Programme – whole school approach to mental health in all primary, secondary, special education schools and colleges in the borough.
- Secured funding to provide free places on Mental Health First Aid training for schools in Sefton.
- Launched and developed the new 121 Support Services for schools and colleges.
- Later this year we will repeat the large scale mental wellbeing survey carried out in 2019 with the support of Liverpool John Moore's University, to help understand what has changed and what is needed in the future.
- Plans are in place to deliver a mental health conference in 2022 and strengthen the education network to support the embedding of best practice and sharing of local initiatives.

This toolkit has been inspired by work carried out by Worcestershire County Council and includes details of free resources, local services and pathways in Sefton, and will be updated in each academic year. This year it has also been supplemented by the Wirral CAMHS & Early Help Resource and Information Pack.

This version has been developed with the support of local headteachers, senior pastoral leads, voluntary, community and faith-based organisations, and other key stakeholders.

It condenses the best practice described in national guidance and other sources into a simple checklist and it provides further information on accessing services and other support, together with a clear referral pathway (see page 13). It also supports the [Children and Young People's Plan 2020-25](#) and the [Sefton Children and Young People's Emotional Wellbeing Strategy 2021-2026](#).

We hope you find the toolkit useful.

The Sefton Emotional Health & Wellbeing Steering Group

The THRIVE Framework

We are moving mental health and emotional wellbeing services away from a traditional tiered service model to the THRIVE model - a national model based on the needs of young people, rather than severity or diagnosis, and the support or evidence-based treatment they need to thrive and enjoy positive mental health and wellbeing. This way of working aims to ensure more children and young people can get access to the right help when they need it from a wider range of services and locations. The content of this Toolkit has been aligned to link more closely with the THRIVE framework, in particular the summary of services from page 14 onwards.

The Framework is also needs-led - this means that mental health needs are defined by children, young people and families alongside professionals through shared decision making. Needs are not based on severity, diagnosis or health care pathways. The THRIVE Framework conceptualises the various needs of children, young people and families into five needs-based groupings shown in the diagram below. The THRIVE framework is also for:

- ✓ **all** children and young people aged 0–25 within a specified locality
- ✓ **all** families and carers of children and young people aged 0–25 within a specified locality
- ✓ **any** professionals who seek to promote mental health awareness and help children and young people with mental health and wellbeing needs or those at risk of mental health difficulties (whether staff in educational settings, social care, voluntary or health sectors or others).



Thrive Network Sefton - Sefton CVS



The primary purpose of this subgroup of the Every Child Matters forum is to bring together partnerships of Sefton providers, school representatives and commissioners in order to share practice, discuss trends and effectively influence the development of new initiatives and provision that will meet the Emotional Health and Wellbeing needs of children, young people and families in Sefton with a specific focus on The Thrive Model.

Meetings take place bi-monthly over Zoom and information is shared regularly in email briefings. SEAS (Sefton Emotional Achievement Service) have developed a training session that is delivered as an hour and a half session over zoom which is available free to Thrive Network Sefton members. Email: thrive@seftoncv.org.uk

The Anna Freud centre have developed a whole school approach to mental health – called The LINK Programme. It is an approach that all schools/colleges in Sefton will have the chance to learn about and adopt in 2021, and a key piece component in this edition of the Toolkit.

What is it?

The Link Programme supports you to spot when young people need help and signpost them to specialist services. This saves staff time, boosts your own skills, and gives pupils more effective support. The programme will build your understanding of how and when to make an appropriate referral and what systems of support are available. It does this in practical ways, and with an understanding of the significant pressure on schools at present to meet a growing level of need. The programme is free, simple to use and evidence-based.

The Link Programme has a simple aim: to bring together education and mental health professionals in each local area so that more children and young people can get the help and support they need, when they need it. Very often, children and young people's mental health problems first get noticed at school.

We know that school and college staff care deeply about pupil wellbeing, but they also tell us they are not always sure how to respond to their needs. The Link Programme supports staff to spot when young people need help and signpost them to specialist services, thereby saving staff time, boosting professional skills, and giving children more effective support.

Benefits

The programme will support you to spot when young people need help and signpost them to specialist services, thereby saving staff time, boosting your skills, and giving children more effective support. The programme will build understanding of how and when to make an appropriate referral, and what systems of support are available. It does this in practical ways, and with an understanding of the significant pressure on schools and colleges to meet a growing level of need.

How do we know it works?

The Link Programme has been running for over five years, and both the [pilot](#) and [scaling up phase](#) have been independently evaluated. The pilot phase ran successfully in 255 schools from 2015-2016. The programme was scaled up, with over 3,000 school/college and mental health professionals taking part in 2017-2019. It is now being rolled out to every school and college in England.

Two independent evaluations have shown that the Link Programme has:

- Strengthened communication and joint working between schools and Children and Young People's Mental Health Services (CYPMHS).
- Improved awareness and knowledge of risk factors and mental health issues relating to children and young people.
- Improved understanding of mental health services, referral routes and procedures, and in some cases has resulted in the development of new referral procedures.

- Enabled action planning and catalysed wider change.
- Provided a better understanding of evidence-based practice.

CASCADE Framework

The CASCADE framework is currently used as part of the Mental Health Services and Schools Link Programme which works to bring together mental health leads in schools and colleges and children and young people's mental health services (CYPMHS) to embed long-term collaboration and integrated working.

The framework can be used to assess change in levels of joint working once an action plan has been put in place. Once ratings have been agreed, partners should identify key priorities for change along with action plans to achieve those priorities. Alongside the framework, it can be helpful to identify what specifically is working well along each of the domains as well as what is still a challenge. The framework can then be completed another time to assess whether progress has been made.



At the time of writing a dozen schools have completed the LINK Programme as part of the implementation of new Mental Health Support Teams in Sefton. By the end of the year additional sessions will be provided by Anna Freud to all schools and colleges aiming to ensure a consistent approach to mental health across the borough.

Emotional Wellbeing Support

Supporting Pupils

On My Mind

The Anna Freud Centre has produced a set of free self-care tools called On My Mind. They provide simple self-care activities which children and young people can do at home. Written by young people to help other young people who are feeling low or anxious. The strategies should also be useful to adults [can be found here](#) and cover the subject matters summarised below.

- Dealing with loss and bereavement
- Self-care
- Receiving Support
- Understanding referrals
- Managing social media
- Helping someone else
- Jargon Buster
- Shared Decision making
- Know Your Rights

Alder Hey – Managing Worry

Alder Hey have recorded several excellent videos about managing worry and anxiety. They offer practical advice as well as suggestions for coping strategies, are completely free and can be found [here](#).

Online tools

Childline provides online tools that children and young people may find helpful:

- [Calm Zone](#) - activities to let go of stress
- [Games](#) to take your mind off things
- [Information and advice](#) on topics from feelings, relationships, family and schools
- [Peer support message boards](#)
- [Childline Kids](#), the website for under 12s concerns.

Mobile Phone Apps

Looking after yourself

- **Moodlytics** – *Mood diary* – www.moodlytics.com
- **Sleepio**– *Sleep* – www.sleepio.com/mobile/
- **Sworkit** – *Exercise* – www.sworkit.com
- **Healthy Minds** - *App List* - www.healthymindsapp.ca/

Mindfulness

- **Smiling Minds** – *Meditation* - [App — Smiling Mind](#)
- **Chill Panda** - *Meditation* - chillpanda.co.uk/

Stress and Anxiety

- **In Hand** – Stress - www.inhand.org.uk/
- **Mindshift** – Anxiety – www.anxietybc.com/resources/mindshift-app
- **Headspace** - Meditation - [Meditation and Mindfulness Made Simple - Headspace](#)
- **CALM** – Meditation - www.calm.com/

Self-harm/distraction techniques

- **Calm Harm** – Distraction - [Home - Calm Harm App](#)
- **Virtual Hope Box** – Coping/ Distraction – www.my-therappy.co.uk/app/virtual-hope-box

Top tips to support children and young people

The Anna Freud Centre recommends:

- **Be there to listen** - Regularly ask how they're doing so they get used to talking about their feelings and know there's always someone to listen if they want it. Find out how to create a space where they will open up. [How to start a conversation with your child](#)
- **Support them through difficulties** - Pay attention to their emotions and behaviour, and try to help them work through difficulties. It's not always easy when faced with challenging behaviour, but try to help them understand what they're feeling and why. [Help with difficult behaviour and emotions](#)
- **Stay involved in their life** - Show interest in their life and the things important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.
- **Encourage their interests** - Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests, whatever they are.
- **Take what they say seriously** - Listening to and valuing what they say, without judging their feelings, in turn, makes them feel valued. Consider how to help them process and work through their emotions more constructively. [The Anna Freud Centre support guide](#)
- **Build positive routines** - We know it still may not be easy, but try to reintroduce structure around regular routines, healthy eating and exercise. A good night's sleep is also really important – try to get them back into routines that fit with school or college. [Sleep tips for children](#)

Supporting Staff

The emotional health and wellbeing of staff and young people within education are interlinked. As well as supporting children and young people, it is also important to consider the emotional health and wellbeing of school staff.

Supporting staff's emotional health and wellbeing can lead to reduced sick leave, increased motivation and staff retention. You might want to consider training for staff on understanding and managing stress; and how to create a reflective space in which to better understand children's emotional and mental wellbeing and any behavioural and emotional difficulties and how these

impacts on staff's emotions and behaviours. This is also part of a whole-school approach to supporting emotional and mental wellbeing.

- Education Staff Wellbeing Charter <https://www.gov.uk/guidance/education-staff-wellbeing-charter>
- [QWell](#) – The wellbeing of education staff is really important and QWell is available to any member of staff working in education in Sefton. They can offer self-help, online counselling with a trained mental health professional and recommendations to support
- [Active Sefton Fitness](#) - Active Sefton offers a host of sport and fitness activities, regardless of age or ability. Whether you are new to sport and fitness or need professional coaching advice, we can help you on your way to a more active lifestyle.
- [Every Mind Matters](#) – NHS
- [Mentally Healthy Schools](#) – provide a concise range of resources that can help support staff.
- [Mind](#) can help to support wellbeing in the workplace.
- Anna Freud Centre - [Supporting staff wellbeing in schools](#)

Supporting Families

It is essential to work with families as well as young people. Some groups of children will have behavioural difficulties in school that cannot be resolved without a family-focused approach. This kind of approach can identify difficulties in the home, which are leading to problems at school. Working with families may include developing parenting skills and encouraging parents to engage with their child's education. This is important as improving parenting skills can effectively help support a young person with behavioural and emotional difficulties. Below are services which may help.

- [Amparo](#) – is a service provides support for anyone affected by suicide. Support can be provided one-to-one, to family groups, groups of colleagues or peers – whatever is preferred by you and is most appropriate to your situation. The service can be delivered in your home or wherever you are most comfortable. Call 0330 088 9255.
- [Every Mind Matters](#) – NHS Advice about mental health and emotional wellbeing. Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing.
- [Living Well Sefton](#) - is a FREE service supporting people with issues that may be affecting their health and wellbeing. Healthy eating, stop smoking, weight management mental health, physical activity, alcohol. Contact via 0300 323 0181 or LWS@seftoncvcs.org.uk
- [Parenting 2000](#) - provides emotional and practical support and guidance for children and young people and families. Activities are delivered across Sefton from Parenting 2000's two centres, (Southport & Crosby) from community venues, including a GP's surgery, schools, HM Prisons and remotely via online platforms.
- [Reach Mens Centre](#) - Based in South Sefton we provide a range of services aimed at reducing social isolation and improving the mental health of men in the area. We run a drop-in service where men can meet, play pool, dart etc. and gain skills through various courses. They can also get support through our one to one counselling service or support groups.

- [Samaritans](#) offer support round the clock, 24 hours a day, 365 days a year. If you need a response immediately, it's best to call on 116 123. This number is FREE to call to receive support.
- [Sean's Place](#) is a Mental Health and Wellbeing centre providing free mental health and wellbeing support to men in Sefton/Liverpool.
- [Venus](#) - is an organisation for women, families, children and young people and homeless people with multiple and complex needs. We offer support, advice, information and activities. We provide services such as emotional support, befriending, advice, outreach, home visiting, volunteering, training, education, emotional and physical health, wellbeing support, drop-in, counselling, therapeutic groups and sessions, supported accommodation, debt advice, benefits advice and housing advice. Counselling is available at the Centre for women and at the Star Centre for children and young people. Sessions can take place at various times through the week and the counselling can be either person-centred, psychodynamic, or cognitive behaviour therapy. Individuals can self-refer, or referrals can be made through other agencies or organisations.
- [Veterans in Sefton](#) - Veterans in Sefton, has established a drop in, telephone or email service, to refer into the project for both serving and non-serving personnel of the Armed forces, reservists, their families and dependants. Contact Details: dave.smith@veteransinsefton.org
General enquiries; 0151 933 0800

Parents Helpline

- YoungMinds have a Parents Helpline accessible via the phone, email or webchat. for free, confidential advice.
 - [Parents Helpline](#)
 - [Parents Email Service](#)
 - [Parents Webchat](#)
 - [Parents Helpline service](#)

Resources To Support Professionals

Understanding of parental mental health and the impact

All agencies should undertake an internal training analysis to assure themselves that staff are adequately trained (or there are plans in place for this) in their understanding of emotional health and well-being and mental health considerations and their relevance to parenting.

Organisation/Course	Information and Details	Link
NSPCC- Parental Mental Health	This article is a good link to further information and could go on as a link or to a resource page just focusing on Parental mental health	LINK
Understanding Anxiety, Depression and CBT	- Free over 5 weeks but cost required for an upgrade and certificate. - Anxiety and depression are terms discussed widely, in different media and amongst family and friends. But what do those labels actually mean? - On this five-week course from the University of Reading, you will explore what it means to have anxiety or depression and how they are identified. The course will also demonstrate the leading evidence-based treatment—Cognitive Behaviour Therapy. - It's important to emphasise that this course is not intended to be a self-help treatment for anyone experiencing anxiety or depression, nor can it be used to formally diagnose yourself or anyone else.	LINK
Understanding Depression and Low Mood in Young People	- Depression in teenagers can be long-lasting and have wide-ranging effects. Identifying such difficulties early on and offering appropriate support is key in bringing about positive change for young people. However, parents and professionals are not always aware of key signs and symptoms of depression or what to do when teenagers are faced with such difficulties. - This course will help you to recognise low mood and depression in teens, understand CBT – an evidence-based treatment, discover practical techniques to help support young people and, access sources of further advice.	LINK
Moving from child to adult mental health services	A guide on what to expect when moving from child to adult mental health services and what to do if things don't go the way they should.	LINK
Young Minds	- The website has links and advice youngminds.org.uk/media/3686/mental-illness.pdf - This link is a downloadable guide but would be useful for some professionals to have a toolkit as it has information about the impact on a child and other links.	LINK
Rethink Mental Illness	The organisation offers training, advice and information.	LINK

Free National Guidance & Resources

- ✓ [Coronavirus: supporting children's mental health – Classroom Resources](#)
- ✓ [Taking CARE to Promote Mental Health in Schools and Colleges](#)
- ✓ [Mental health and behaviour in schools: DfE \(2018 update\)](#)
- ✓ [Supporting schools & colleges: A guide to supporting the mental health and wellbeing of pupils and students during periods of disruption](#)
 - [School staff](#)
 - [Parents](#)
 - [Children and young people](#)
- ✓ [Guide for Heads and School Staff on behaviour and discipline; DfE \(2016 update\)](#)
- ✓ [The impact of pupil behaviour and wellbeing on educational outcomes, DfE \(2012\)](#)
- ✓ [Counselling in schools: a blueprint for the future: Departmental advice for school leaders and counsellors; DfE \(2016 update\)](#)
- ✓ [Preventing and Tackling Bullying: advice for headteachers, staff and governing bodies; DfE \(2017 update\)](#)
- ✓ [The link between pupil health and wellbeing and attainment: A briefing for headteachers, governors and staff in education settings; PHE \(2014\)](#)
- ✓ NICE pathways: Social and emotional wellbeing NICE (2016) [Primaries](#) and [Secondaries](#)
- ✓ [Promoting young people's emotional health and wellbeing: A whole-school and college approach; Public Health England/Children and Young People's Mental Health Coalition \(2015\)](#)
- ✓ [Challenging behaviour and learning disabilities: prevention and interventions for people with learning disabilities whose behaviour challenges; NICE guideline 2015](#)
- ✓ [Guidance on preparing to teach about mental health and emotional wellbeing, including lesson plans; The PSHE Association \(2019 update\)](#)
- ✓ [MindEd – a free educational resource funded by DfE and DH](#)
- ✓ [Schools in Mind is a free network for school staff and allied professionals which shares practical, academic and clinical expertise regarding the wellbeing and mental health issues that affect schools.](#)
- ✓ [The Academic Resilience Approach](#) – is a free resource available to schools as a tool to improve mental wellbeing using a 'whole-school approach' – pupils, parents and schools. It has also been piloted in 24 schools in Sefton.

National helplines and websites

- [Shout](#) provides free, confidential support, 24/7 via text for anyone at crisis anytime, anywhere. Text SHOUT to 85258.
- [ChildLine](#) provides a confidential telephone counselling service for any child with a problem. It comforts, advises and protects. Call 0800 1111, have an [online chat with a counsellor](#) or check out the [message boards](#)
- ✓ [The Mix](#) provides a free confidential telephone helpline and online service. Call 0808 808 4994, access the [online community](#) or [email The Mix](#).

The Samaritans DEAL



About DEAL

Developed by the Samaritans, DEAL is a free resource for teachers and other educational professionals designed to help develop resilience in young people. DEAL includes lesson plans, activities, hand-outs, DEAL digital resources, teachers' notes and staff training materials which can all be accessed and downloaded at any time from the Samaritans website.

DEAL's aims

DEAL (Developing Emotional Awareness and Listening) aims to:

1. raise awareness of emotional health and the importance of recognising when you need help
2. develop positive coping strategies
3. reduce stigma and break down barriers around talking about emotional health.
4. developing communication skills
5. developing supportive and help-seeking behaviour in young people.

DEAL resources

The DEAL resources contain session plans and activities that are divided into four themes. You can access all of the themes here and download all of the lesson plans, for free.

1. [DEAL: emotional health](#) - This theme explores what we mean by emotional health. The sessions enable students to consider the range of factors that can affect our emotional health and how to recognise signs of poor emotional health in ourselves and others.
2. [DEAL: coping strategies](#) - This theme contains activities for students to learn about ways of coping, building resilience and what influences the way we cope with events in our lives.
3. [DEAL: dealing with feelings](#) - Dealing with feelings contains sessions exploring how we all feel differently about things that happen in our lives.
4. [DEAL: connecting with others](#) - This focuses on developing students' skills in being able to access and ask for help and support. Activities are designed to have students consider attitudes to seeking help and how to overcome barriers to talking about problems.

Find out more about how to use the [DEAL teaching resources here](#).

1. [DEAL notes for teachers](#)
2. [Staff training session](#)
3. [DEAL staff training slides](#)

Why use DEAL?

Young people often deal with personal mental health problems in unsophisticated ways such as bottling them up, sleeping, drinking alcohol or simply hoping they will go away. Intervention through lessons can increase empathy, and an understanding as to how emotional difficulties develop.

How DEAL can help

DEAL is part of the PSHE Association's Character Education toolkit. This is intended to support the development of character traits, attributes and behaviours within the context of planned PSHE lessons. These types of programmes can help communication skills, social skills, cooperation, resilience, a sense of optimism, empathy, a positive and realistic self-concept and problem solving skills (Promotion and education 2005 – International Union for Health Promotion and Education vol XII, no 3-4). Education can also reduce prejudice and stigma attached to help-seeking.

Here's some tips on how to use them.

Where to start?

The Samaritans recommend that all students are introduced to the theme of emotional health by starting with the introductory session [‘What is Emotional Health?’](#)

After this, you can pick and choose which sessions to use from the four themes depending on students' previous learning, level of maturity and understanding and current needs and issues. There is no set order to the themes.

Staff training

Here are some resources for you to use to run INSET days or staff training sessions and activity slides to familiarise your staff with the DEAL resources and help staff have a better understanding about how to teach about emotional health. There's an introduction to DEAL for those less familiar with how it works, too. The DEAL teachers notes give further guidance on using DEAL and some top tips on how to run a successful session.

Downloadable document:

1. [An introduction to DEAL](#)
2. [Download document: Activity slides](#)
3. [Download document: DEAL staff training session](#)
4. [Download document: DEAL notes for teachers](#)

Flexible Session Plans

DEAL teaching resources are designed to be flexible so that they fit in with time restrictions. There are sessions designed to last a full lesson and sessions that can be used in tutor time or shorter. They can be used flexibly to meet the needs of the students in the time available. Individual sessions can be used, or several sessions can be put together to create a termly unit.

There is no set order to the topics covered. However, some sessions should be covered before others, and these are noted on the session overview in the relevant themes. We have also highlighted where we consider a plan to be a ‘core session’. These cover areas we consider to be essential learning and should be prioritised within the curriculum.

Linked Sessions

Some sessions naturally link together. They have provided suggested sessions that link into the content at the end of each plan that you may find useful.

The suggested 'learning journeys', also link sessions throughout the themes creating half termly, or termly schemes of work. This is to assist you in planning a series of classes if this is appropriate to your students' needs. These are suggestions rather than prescribed programmes. The resources are designed to be used as flexibly as needed.

Assessment

The Samaritans have suggested some ideas for assessment activities designed to help teachers identify the progress made by students.

- Download document: [DEAL ideas for assessment](#)

Step By Step

Step by Step is a Samaritans service that provides practical support to help schools prepare for and recover from a suspected or attempted suicide.

Nobody likes to think about a death in school. Yet suicide is a leading cause of death for young people in the UK and ROI. Sadly, it is always a possibility that a student, parent or member of staff might choose to take their own life.

Samaritans' Step by Step service is available to support organisations working with young people so that they can respond effectively following the suspected or attempted suicide of someone from within their community; taking practical steps to reduce the risk of further deaths in the area.

About Step by Step

Samaritans has offered the Step by Step service across the UK since 2010 and have recently expanded to support schools, Youthreach centres, clubs and communities in the Republic of Ireland.

The Step by Step team aims to:

- Provide information and support to help the school community come to terms with what has happened and prevent stigma and isolation in the school community.
- Support school communities to reduce the risk of further suicide.
- Reach out to high risk people and communities to reduce the risk of further suicide
- [Step by Step resources](#)
- [Read or download our Step by Step resources](#)
- [Contact the Step by Step team](#)

Specialist support

The service is run by a team of trained volunteers, called Postvention Advisors, who can offer practical support, guidance and information on addressing the impact of a suspected or attempted suicide on the school community. The team is experienced in working proactively with schools and local authorities to prevent further suicides. The specialist knowledge and skills of the volunteers is based on research and best practice developed through Samaritans' experience, learning from the communities they have supported, including a number of schools within Sefton.

As every situation is different, Postvention Advisors can tailor the support offered depending on the needs of the school or group.

What is postvention?

Postvention is the term given to activities that assist those who have been bereaved by suicide to cope with what has happened. Suicide prevention and postvention are closely linked as postvention can also prevent further deaths.

Has your school been affected by a suspected or attempted suicide?

Or, would you like to discuss how to develop a response plan for a suspected suicide?

How can Step by Step help?

As described in a recent evaluation of the service,

'Step by Step is there to reassure senior leadership teams that what they are doing is right for the school and advise them on what they feel works best throughout the incredibly difficult first few weeks.'

[Get in touch with the Step by Step service](#) or Freephone* 0808 168 2528 in the UK and they will do all they can to help you deal with a situation you may never have faced before.

They can also assist with raising awareness of emotional health among young people by [offering talks in schools](#).

Sefton Safeguarding Children Partnership (SSCP)



The Sefton Local Safeguarding Children Board (LSCB) has been replaced by the Sefton Safeguarding Children Partnership (SSCP). Sefton SCP is the key statutory mechanism for agreeing how organisations in the borough will cooperate to safeguard and promote the welfare of children and young people in Sefton, and for ensuring the effectiveness of what they do. The core objectives of Sefton SCP are to co-ordinate what is done by each person or body represented on the Board for the purpose of safeguarding and promoting the welfare of children and young people in Sefton and to ensure the effectiveness of what the member organisations do individually and together.

National Changes to Local Safeguarding Children Boards

Working Together to Safeguard Children (2018) is statutory guidance. The new guidance supports key changes put into law by The Children and Social Work Act 2017 which replaces LSCBs with new local safeguarding arrangements.

Sefton's New Safeguarding Children Arrangements

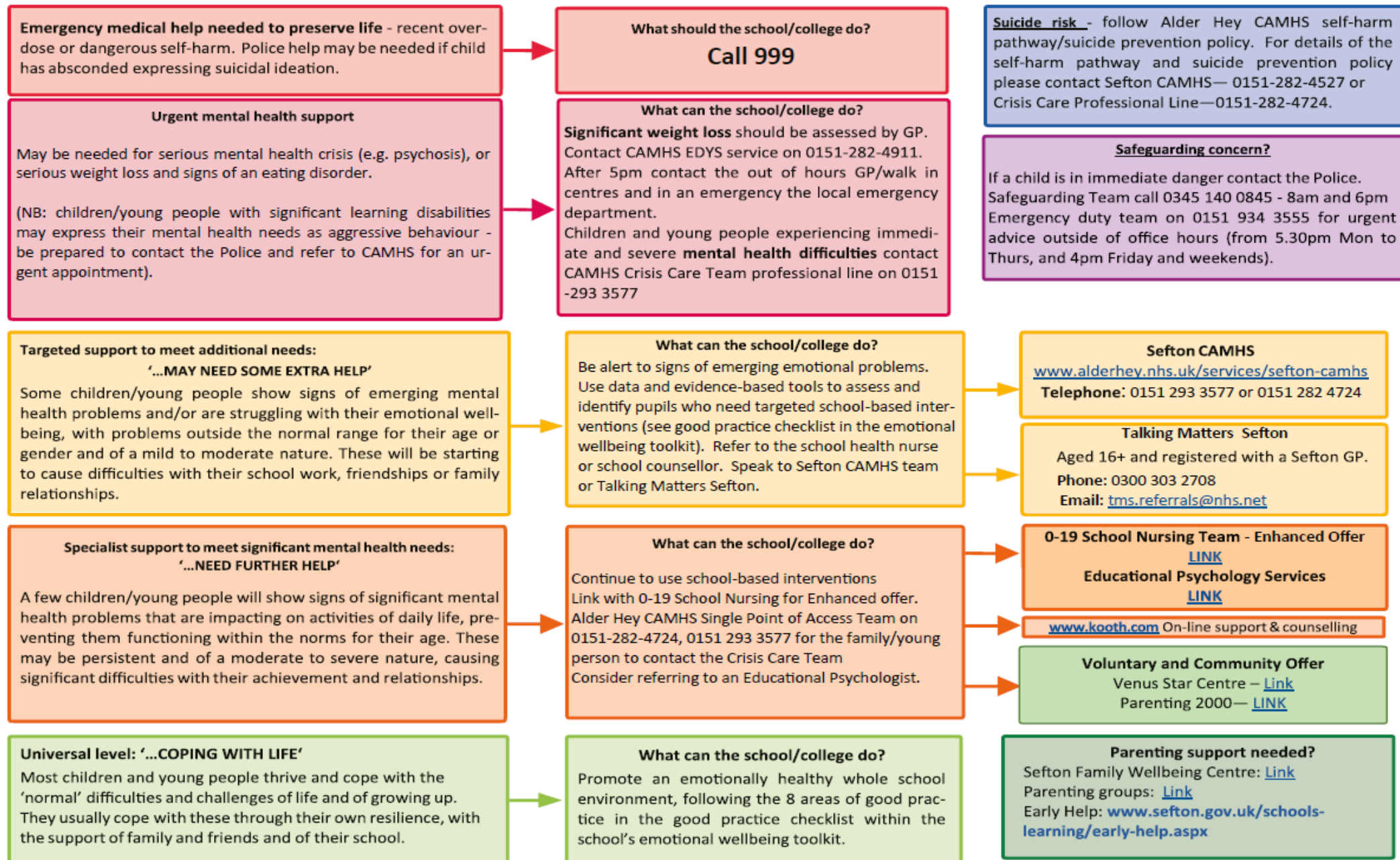
The SSCP has been working hard towards its safe transition into the new Multi-Agency Safeguarding Arrangements for Sefton. "Working Together to Safeguard Children 2018 Guidance" replaces Local Safeguarding Children Boards with Statutory Safeguarding Partners within each local authority area.

- ✓ Latest news can be found here - <https://seftonscp.org.uk/scp/news/sefton-lscb-newsletters>
- ✓ Briefings - <https://seftonscp.org.uk/scp/news/sefton-lscb-7-minute-briefings>
- ✓ Training - <https://seftonscp.org.uk/scp/training/sefton-scp-training>

External subject-specific information and support

Subject	Guidance/Information & Support	Subject	Guidance/Information & Support
Alcohol	✓ The Law ✓ Local support	Food Poverty	✓ South Sefton Foodbank ✓ Southport Foodbank
Anxiety	✓ Advice for Parents ✓ YoungMinds	LGBT+	✓ Stonewall ✓ Sefton services
Adverse Childhood Exper.	✓ 7 Minute Briefing	Mental Health	✓ Kooth
Bereavement	✓ Adults - support ✓ CYP - advice ✓ Staff ✓ Post-Suicide	Modern Slavery	✓ Guidance ✓ Support Victims
Body Image	✓ PHSE Guidance	Money Advice	✓ Sefton CAB
Bullying	✓ Guidance ✓ BullyBusters	PREVENT	✓ Guidance
Cyber Bullying	✓ Teachers ✓ Parents/Carer Advice	Self-Esteem	✓ YoungMinds
Debt	✓ Effects on CYP	Self-Harm	✓ Parents/Carers Advice
Drugs	✓ Guidance ✓ Local support	Sex	✓ Sefton Sexual Health Services
Eating Disorders	✓ MerseyCare	Social Media	✓ Guidance
Educational Psychologist	✓ Sefton service	Suicidal Ideation	✓ Samaritans
		Staff Wellbeing	✓ Guidance

Sefton Emotional Wellbeing & Mental Health Pathways



Emotional Wellbeing & Mental Health Services

- This document has been produced by the Sefton Public Health Team on behalf of the Sefton Emotional Health & Wellbeing Steering Group.
- All efforts have been made to ensure information is accurate at the time of writing, but please note services may be subject to change or reduced availability, so do check with them directly to confirm their current offer.
- Should you wish to provide an update to its contents please contact public.health@sefton.gov.uk
- This list is separated into services – both local and national – using the THRIVE Framework as we continue work to link schools and services more closely together.



COPING

Mental Health

- **Early Help** - Early Help is about acting as soon as possible to tackle problems for children and families before they can grow into something that is more difficult to overcome. It is about identifying children and families that may be at risk of running into difficulties and providing timely and effective support.

This support is voluntary – the parent or child can choose to be involved. Early Help can be used when someone working with a child or family feels that additional support might be needed. The assessment will help identify a family's needs and gather the families' information. This approach will ensure that the family receive the right support earlier before their needs increase. All of the information will be recorded in one place which the family can share with the people working with them. This means that the child or the parents will not have to repeat the same story to different workers. [Make an assessment](#)

- **Kooth** provides online support for children and young people in Sefton aged 10-25. The site is staffed by fully trained and qualified counsellors and is available until 10pm each night, 365 days per year. It is free, safe, confidential and provides a non-stigmatising way for young people to receive counselling, advice and support on-line. Kooth also provides free school assemblies and student awareness sessions as well as staff training and site demonstrations to stakeholders which can be booked or discussed further with the Kooth Engagement Lead by contacting sefton@kooth.com

Bereavement

- **Child Bereavement UK (CBUK)**: - support families and educate professionals when a baby or child of any age dies or is dying, or when a child is facing bereavement. Their helpline is run by professionally trained bereavement support workers. CBUK also offer a series of booked telephone sessions for parents facing the bereavement of a baby or child of any age, and for parents/carers supporting children or young people. Email: support@childbereavementuk.org Helpline Number: 0800 02 888 40 (9am-5pm, Mon-Fri)
- **Cruse (18+)**: 1-1 support and bereavement support for adults aged 18 and over. Tel: 0151 645 6604
- **Winston's Wish**: – a national bereavement support service, they offer practical support and guidance for children, young people, and families after the death of a parent or sibling. Free Helpline: 08088 020 021

Bullying

- **Bullybusters**: Confidential helpline, Tel: 0800 169 6928

Bullybusters help and support children, young people, parents, or professionals who are having difficulties dealing with bullying.

- We offer a listening ear and never pass judgement on the issue you are calling about
- We can give you helpful tips, so you can help yourself and most importantly **KEEP SAFE!**
- We can call your Parents/Carers or School on your behalf to discuss issues with them if you find it hard to speak to them yourself. (We would only do this with **YOUR** permission)
- We work within Schools and other organisations sharing the **ANTI-BULLYING MESSAGE**
- We offer mediation to help solve on-going bullying and work with everyone involved, without making the problem worse for the person who is being bullied
 - For help & advice for children [click here >>](#)
 - For help & advice for young people [click here >>](#)
 - For help & advice for parents [click here >>](#)
 - For help & advice for professionals [click here >>](#)

Drugs and Alcohol

- **We Are With You** - We Are With You provide information, advice and support to Young People and Families about drugs and alcohol. Our Young Persons workers can work directly with young people aged 10 – 18 to support them to make changes to their substance use, whether they wish to use more safely, reduce their use or stop. Our Family Workers take a holistic approach to working to support the whole family where one or more parents has issues with drugs or alcohol. We also support schools and our partner agencies across Sefton to deliver drug and alcohol awareness assemblies, workshops and presentations. If you are worried about your own or somebody else's substance use or would like to find out more information about our service call us on 0151 318 2804 or email seftonstars.referrals@wearewithyou.org.uk via our website: www.wearewithyou.org.uk/
- **FRANK**: Freephone 0800 77 66 00 (24 hour service, free if called from a landline). Confidential information and advice for anyone that has worries about alcohol or substance misuse.

Learning Disabilities

- **Aiming High**: sets out what services, support and advice are available for children in Sefton if they have special educational needs or a disability.
- **Sibs**: Information, advice and support for people that grow up with a disabled brother or sister.

LGBT

- **Embrace LGBT Network** - Provide a range of support, advice and training opportunities to Lesbian, Gay, Bisexual and Transgender people or those questioning their gender or sexuality across the Sefton. Tel: 0151 666 9890. Email: info@Seftonlgbt.org.uk
- **Galop**: National helpline for lesbian, gay, bisexual and transgender people who are experiencing domestic abuse and discrimination. Tel: 0300 999 5428 or 0800 9995428
- **Mermaids**: Offer support for gender variant children and teenagers, and their families; aims to relieve the mental and emotional stress of all persons aged under 19 years who are in any manner affected by gender identity issues. Various support includes a helpline, an email support service, a parents forum and a separate teens forum, support groups plus multiple residential weekends.
Email: info@mermaidsuk.org.uk
- **Merseyside LGBT Foundation** - Support LGBT people to increase their skills, knowledge and self-confidence to improve and maintain their health and wellbeing. LGBT Foundation provide a wide range of support services to lesbian, gay, bisexual and transgender people. Tel: 0345 330 3030
- **The Proud Trust** – an LGBT youth organisation, providing youth groups, 1-1 support, workshops and training. info@theproudtrust.org Tel: 07813981338

Emotional Support

- **BEAT (Eating Disorder Association)**: Information about eating disorders, how to get help and how to help others.
info@beateatingdisorders.org.uk
- **CALM (The Campaign Against Living Miserably)**: is a registered charity, which exists to prevent male suicide in the UK. Webchat and Helpline (0800 585858) available from 5pm-midnight all year round. Email: info@thecalmzone.net
- **Childline**: or ring 0800 1111 (24 hours a day, 7 days a week). Free and confidential helpline for children & young people about any worry they may have. Option to speak to a counsellor by telephone or email; there's also online chat, a message board and a text messaging information service.
- **Get-Self Help**: Provides information about various mental health conditions and self-help resources.

- **[MindEd](#)**: - Provides information, guidance and 'e-learning' modules on children and young people's mental health, wellbeing and development to any adult to help them support the development of young healthy minds, and identify and support children and young people with mental health issues.
- **[The Mix](#)**: The Mix is a UK's leading support service for young people. It is suitable for 16-25 year olds to help them take on any challenges they're facing, including mental health difficulties, sexuality and drugs. Includes 1-2-1 chat online and helpline (0808 808 4994).
- **[Moodjuice](#)**: Information and advice to those experiencing troublesome thoughts, feelings and actions. The site contains information on organisations, services and various self-help guides covering conditions such as depression, anxiety, stress, panic and sleep problems that can offer support, advice and information.
- **[OCD-UK](#)**: Provides resources and information for children and adults whose lives are affected by Obsessive-Compulsive Disorder.
- **[PAPYRUS \(Prevention of Young Suicide\)](#)**: is the national UK charity dedicated to the prevention of young suicide. Helpline 0800 068 4141, 07786209697 (text), pat@papyrus-uk.org (email) from 10am-10pm weekdays, 2pm-10pm weekends, and 2pm-5pm bank holidays.
- **[Reading Well](#)**: Sefton libraries stock a number of books to promote the benefits of reading for health and wellbeing. The programme has two strands: Books on Prescription and Mood-boosting Books.
- **[Samaritans](#)**: or ring 08457 90 90 90 (24 hours a day, 7 days a week). Consists of volunteers who are available to talk to in confidence for support if feeling sad or upset and don't know where else to turn.
- **[STEM4](#)**: -targets early identification of teenage Eating Disorders, Addiction, Self-Harm, Anxiety and Depression with an aim to raise awareness and enhance detection, education and motivation. Website includes downloadable apps.
- **[Young Minds](#)**: Information and real life stories about children and young people's mental health, and ways to get help.
- **[Young Minds, Parent Helpline](#)**: Provides information for parents and carers about common mental health and behaviour concerns in children and young people aged 0-25. The helpline allows parents and carers to speak to someone in confidence about any concerns. Helpline Number: 0808 802 5544 (9.30am -4.00pm, Mon-Fri).

Money Matters

- **CAP Money Course** - a money management course that teaches people budgeting skills and a simple, cash-based system that really works. This course will help anyone to get more in control of their finances, so they can save, give and prevent debt.
Twitter: twitter.com/capuk; Facebook: www.facebook.com/CAPuk
- **Sefton Citizens Advice Bureau** - provide free, impartial, confidential advice to help people solve their legal, financial, benefit, employment, housing, consumer, and other problems.
- **Sefton Credit Union** - an alternative way to save and borrow. It is a savings and loans co-operative, owned and run by its members. It works by members saving together regularly; this creates a pool of money from which low-cost loans can be made.

Parent Support

- **RASA** – Are running courses for parents and care givers around child sexual abuse. This course looks at things such as warning signs, attitudes & beliefs, family safety plans, child sexual exploitation, trauma, relationships and dealing with disclosures. This service is open to anybody with children 0-18 years. Tel: 0151-650-0155 Email: sarah.wood@rasamerseyside.org.
- **Family Information Service and Childcare Team**- provide information, advice and guidance to families. This could include finding suitable childcare to applying for schools to signposting to appropriate services to families' needs.

Supporting the Family

- **Family Wellbeing Centres** provide joined up support for children and young people aged 0-19 years to make family life that little bit easier. When there, parents and carers can expect extra help, advice and guidance to help them build confidence and resilience to deal with things that family life throws at them, from the challenge of first becoming a parent to deciding what to do when they leave school and much more besides. Family Wellbeing Centres offer support with:
 - Parenting - parents to be, new parents, behaviour, speech and language
 - Health - midwifery, health visitors, mental health, healthy eating, sexual health
 - Employment - including training and apprenticeships
 - Education - early learning, attendance, further education, achievements
 - Leisure - social opportunities, events, clubs, activities
 - Relationships - counselling, loneliness, bereavement
 - Welfare - benefits, debt advice, housing

North Sefton Family Wellbeing Centres	Address	Contact
Linaker Family Wellbeing Centre	Linaker Street, Southport, PR8 5DQ	0151 2886765
First Steps Family Wellbeing Centre	Farnborough Road, Birkdale, PR8 3DF	01704 572579
Talbot Street Family Wellbeing Centre	St Andrews Place, Southport, PR8 1HR	01704 534975
Formby Library and Family Wellbeing Centre	Duke Street, Formby, L37 4AN	0151 934 2063
Central Sefton Family Wellbeing Centres	Address	Contact
Netherton Family Wellbeing Centre	Magdalen Square, Netherton, Bootle, L30 5QH	0151 282 1405
Hudson Family Wellbeing Centre	Moorhey Road, Maghull, L31 5LE	0151 531 0117
Thornton Family Wellbeing Centre	Stannyfield Drive, Thornton, L23 1TY	0151 934 4991
Menai Family Wellbeing Centre	Menai Road, Bootle, L20 6PG	0151 288 6055
Litherland Family Wellbeing Centre	Boundary Road, Litherland, L21 7LA	0151 288 6661
South Sefton Family Wellbeing Centres	Address	Contact
Cambridge Family Wellbeing Centre	Cambridge Road, Bootle, L20 9LQ	0151 282 5436
Seaforth Family Wellbeing Centre	39 Caradoc Road, Seaforth, L21 4NB	0151 286 7807
Marie Clarke Family Wellbeing Centre	Linacre Lane, Bootle, L20 5AQ	0151 330 5260
Waterloo Family Wellbeing Centre	Waterloo Primary School, Crosby Road North, Waterloo, L22 0LD	0151 928 6539

- **[Gingerbread](#)**: Charity working with single parent families. Supporting, advising and campaigning with single mums and dads to help them meet their family's needs. Includes single parent forum & helpline.

GETTING HELP

Mental Health

- **School Nursing Service** The School Health Service can offer children, young people and their families support with emotional health or behaviour difficulties for those who fall below the thresholds for targeted services. In addition, they can assess and support children and families in referrals to targeted services as appropriate. The service can also offer support for the siblings of children who are experiencing emotional wellbeing and mental health issues, recognising the impact this can have on them.
 - Reasons why children and young people may be supported
 - Anxiety.
 - Anger issues.
 - Low mood.
 - Low self-esteem.
 - Bullying or friendship issues.
 - Behavioural problems, home or school difficulties, e.g. school refusal

Anyone can make a request for support from the School Nursing team, child, family, or professionals who work with them. To request the support of the School Nursing Team please contact the service on 0151 247 6354

- **Talking Matters Sefton** is part of the national Improving Access to Psychological Therapies (IAPT) programme. IAPT services seek to use the least intrusive method of care possible to treat people. This is called 'stepped care'. The clinician delivering your treatment will explain to you what choices are available and why they are considered suitable for you. Our service is non-judgemental, and we'll offer you as many treatment options as possible to help you decide what works best for you. The service is staffed by a team of highly skilled mental health professionals, offering services including:
 - ***New online group workshops***: This month we will be launching our first online workshop. The focus of this month's workshop will be 'coping with low mood and depression'. If you are experiencing symptoms of low mood that are affecting your daily living, then our workshop may be of benefit to you. The workshop will run for 4 weeks and is completely free to attend. If this is something you may be interested in, please follow the referral process. Following referral, you will be offered a telephone assessment to ensure that the group workshop is the right support option for you.

- **Psychological Treatment Workshops:** these sessions are interactive between you and one of our therapists. They are designed to present information about mental health difficulties and some of the things you can do to manage your problems effectively.
- **Guided Self Help:** these sessions are designed to help you access good quality information about the problems you are experiencing. You will have regular appointments with one of our therapists who will help you to design your own treatment package.
- **Cognitive Behaviour Therapy (CBT):** this is a time-limited talking therapy focused on how you feel right now. It can help you to understand how your thoughts feelings and actions may be linked to your problems and can help to identify the changes which could be made to improve your mood.
- **Online Cognitive Behavioural Therapy (Silvercloud):** Silvercloud is an online course to help you manage anxiety and depression. You work through a series of topics and techniques selected by a therapist to address your specific needs. You will have weekly online reviews with your allocated practitioner. However, the course is designed to be completed in your own time and at your own pace. You will also have access to this programme for up to 12 months once you have completed the course.
- **EMDR:** Eye Movement Desensitisation Reprocessing is another talking therapy that's been developed to help people who have post-traumatic stress disorder (PTSD). People who have PTSD may experience intrusive thoughts, memories, nightmares or flashbacks of traumatic events in their past. EMDR helps the brain reprocess memories of the traumatic event so you can let go of them.
- **Counselling for Depression:** this therapy has been specially developed to help people understand the underlying causes of their depression. Counselling for depression is usually offered to people who have mild to moderate depression and have already tried other therapies, such as guided self-help.
- **Couples Therapy for Depression:** this is a couple's therapy that is designed to treat depression in couples where there is also relationship distress.
- **Signposting.** We have developed strong links with a range of organisations that provide services we do not offer, such as help with anger and bereavement counselling.
- Talking Matters Sefton is also a Single Point of Access for other mental health services and agencies in Sefton.

Who is this service for?

If you are aged 16 & over, are registered with a GP in South Sefton, Southport, or Formby and are experiencing a mental health difficulty that is affecting your daily living, employment, or health Talking Matters Sefton may be of benefit to you.

How do I access the service?

You can self-refer to the service online via our online referral form, by calling **0300 303 2708**, or via the email address above. Please note, you must be registered with a Sefton GP to make a referral. Once we have received your referral, we will contact you to arrange your first assessment. Please allow 2 working days for us to process your referral

You will be asked some standard questions which will enable us to monitor your progress and continuously improve the services we offer. Once you have made a referral, you'll be offered the next available telephone assessment appointment. You will be assessed over the phone by one of our CBT Therapists or Psychological Wellbeing Practitioners and the appointment is likely to last up to 45 minutes. This will help us understand the problems you have been experiencing and your goals for recovery.

- **Early Help** is about taking action as soon as possible to tackle problems for children and families before they can grow into something that is more difficult to overcome. It is about identifying children and families that may be at risk of running into difficulties and providing timely and effective support.

This support is voluntary – the parent or child can choose to be involved. Early Help can be used when someone working with a child or family feels that additional support might be needed. The assessment will help identify a family's needs and gather the families' information. This approach will ensure that the family receive the right support earlier before their needs increase. All of the information will be recorded in one place which the family can share with the people working with them. This means that the child or the parents will not have to repeat the same story to different workers. [Make an assessment](#)

- **Educational Psychology** Educational psychologists are concerned with the learning and well-being of children and young people in educational and early years' settings. All educational psychologists have knowledge and understanding of child development and applied psychology and so can work with schools to provide support for individuals or groups who face challenges about learning, social and emotional development and other complex needs.

This is an educational service that is commissioned through schools and other organisations. All mainstream schools are allocated core time that enables the local authority to carry out its statutory duties, in relation to educational psychology services. Most schools then commission additional time from the psychologist to carry out further work within the school, depending upon the needs of the school. For more information; contact Sefton SEN and Inclusion Service on 0151 934 2347 or by emailing SENIS: SENIS@sefton.gov.uk

- **Here For You Directory** The Here For You online directory includes contact details and service information for all known non-profit organisations and charities in and around Sefton, Merseyside. Currently there are more than 1,000 Voluntary, Community & Faith (VCF) sector organisations delivering over 3,000 services and activities that are available to local residents across Sefton. The directory is facilitated by Sefton Council for Voluntary Service (CVS) and for more information please visit www.hereforyou.org.uk. Alternatively, please call Sefton CVS on 0151 920 0726 or email directory@seftoncvcs.org.uk.

- **Kooth** provides online support for children and young people in Sefton aged 10-25. The site is staffed by fully trained and qualified counsellors and is available until 10pm each night, 365 days per year. It is free, safe, confidential and provides a non-stigmatising way for young people to receive counselling, advice and support on-line.

Kooth also provides free school assemblies and student awareness sessions as well as staff training and site demonstrations to stakeholders which can be booked or discussed further with the Kooth Engagement Lead by contacting sefton@kooth.com.

- **Mental Health Support Teams** Mental Health Support Teams (MHSTs), jointly delivered with the Department for Education. MHSTs are intended to provide early intervention on some mental health and emotional wellbeing issues, such as mild to moderate anxiety, as well as helping staff within a school or college setting to provide a 'whole school approach' to mental health and wellbeing. The teams will act as a link with local children and young people's mental health services and be supervised by NHS staff; We are delighted to be introducing ourselves to you as the Sefton Mental Health Support Team (MHST) in Sefton.

How we work

Currently working with 40 schools in Sefton. 20 in the North of Sefton with a focus on the transition years. 20 in South Sefton with a focus on areas of socioeconomic deprivation. We work with school staff, parents, families, children and young people. We provide our services via training, consultation, group work, assemblies, family work and one to one sessions. We also contribute to PSHE lessons in schools.

MHST aim to offer timely, direct, psychological interventions to prevent deterioration of emotional wellbeing. We want to get the right treatment to the right person at the right time, and may sign post to a more appropriate local provider, or support referral to specialist CAMH services.

We aim to promote the early detection and prevention of mental health problems within the whole school or college community. Our trainee EMHP's and mental health practitioners will offer interventions to work with mild to moderate mental health conditions. As a service, we will also be offering regular training, consultation, and advice to school staff to help them be better able to support their pupils.

- **Parenting 2000** Parenting 2000 provides emotional and practical support and guidance for children and young people and families. Activities are delivered across Sefton from Parenting 2000's two centres, (Southport & Crosby) from community venues, including a GP's surgery, schools, HM Prisons and remotely via online platforms.
 - **Therapeutic Counselling** from qualified, experienced BACP registered practitioners that work with children and young people (aged from 6 years), parents, families and adults. We offer 'Person Centred Counselling' and cover a wide range of issues. Prevalent issues are: stress and feeling overwhelmed and not coping, post-traumatic stress, anxiety, low mood, bullying (at school, home or work), domestic abuse (all genders and ages), relationships and family problems, anger management/behavioural issues, self-harm, addiction, bereavement/loss, issues around gender identity and sexuality, unemployment and school or college pressures

- **Employability Confidence Courses** for unemployed adults (in particular parents) to help them back into work or education/training.
- **Therapeutically led Parenting Programmes (Youth Connect 5)** to improve parent's understanding of their child's mental well-being and **'Parents Support Circle'** for parents of children with additional needs and/or behavioural issues.
- **Detached Youth Mentoring:** delivered by specialist youth workers who are out and about in Southport working with young people age 9 -18 yrs to help them make the best decisions over their future. They provide mentoring, emotional support, information and guidance, fun activities, career/ employability and life skills support.
- **Alchemy Youth Club**, for young people aged 9 - 18 years, providing socialisation, emotional support, life skills, academic enrichment, employability /career guidance. Also self- defence classes for girls and young women. Youth Circle' where emotional/mental health facilitated peer support groups address the common issues/challenges faced by children and young people.
- **Early Intervention Family Support** for families with multiple complex needs.
- **Perinatal support group 'Baby Talk'**, a weekly drop-in for parents (or a parent and their partner) who are expecting and or have a child under 1-year-old. Provides socialisation, information and guidance, peer support, idea sharing. Opportunity to access some free baby items.

Contact: info@parenting2000.org.uk Telephone: 01704 380047/0151 920 7137

Counselling referral form: <https://parenting2000.org.uk/referrals/>

Youth referral form: <https://parenting2000.org.uk/referrals/ypreferrals/>

- **Safeguarding Concerns** If you are worried that a child may be suffering significant harm, or if you are concerned that a child has suffered harm, neglect or abuse, please follow the advice below.
 - Call **0345 140 0845** between 8am and 6pm (minicom 0151 934 4657).
 - Contact the emergency duty team on **0151 934 3555** for urgent advice outside of office hours (from 5.30pm Mon to Thurs, and 4pm Friday and weekends). If you think a child is in immediate danger call for police assistance.
 - Please provide as much information as possible for us to respond to your concerns.
- **SEAS (Sefton Emotional Achievement Service)** SEAS is a partnership of five local charities working together to deliver therapeutic support and bespoke emotional wellbeing support to young people and families in Sefton. The partnership consists of MYA SPACE, Parenting 2000, PSS, Venus and Sefton CVS, who are the lead agency. We can offer a range of individual and group interventions including:

One-to-one counselling

Art and play therapy

Family therapy

Parenting Support Progs

Drama-based group work

How SEAS works: The service model is straightforward.

1. A school contacts Sefton CVS to discuss the presenting issues, needs, available budget and timeframe.
2. A bespoke package of activities/interventions is planned with consortium members, based on the discussed needs, requirements and – where appropriate - assessments.
3. A delivery, payment and review plan is agreed between Sefton CVS and the school.
4. Schools are provided with an impact evaluation which provides evidence of outcomes achieved as a result of the intervention(s).

Contact SEAS at Sefton CVS: T: 0151 920 0726

E: seas@seftoncvcs.org.uk

www.seftoncvcs.org.uk/projects/seas

- **Sefton Women's and Children's Aid - SWACA** What We Do - SWACA's dedicated team help women, young people and children survive the impact of domestic violence and abuse by giving free practical and emotional support. Our services are offered regardless of age, disability, sexuality, race or religion. Support can be given by phone, in person, in school, in the workplace, in Children's Centres or in our Centre. If You Need Help Our team is available: Monday, Tuesday & Thursday - 9.30am – 5.00pm. Wednesday - 9.30am – 7.00pm. Friday - 9.30am – 3.00pm. Phone: 0151 922 8606. Text: 07779745594. Email: help@swaca.com
- **SHOUT** is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope. To start a conversation with someone from Alder Hey, text the word GREEN to 85258.
- **Swan Women's Centre**

What We Do - Offer a face to face counselling service for young women aged 14 – 18 residing in the Sefton area. Many young women are struggling with how they feel. They are having problems with friends, family, school, college or work, they are anxious, depressed, angry or scared and need to talk to someone, but find it difficult to talk to people they know. Counselling can help them talk things through, support them without making them feel judged, and in confidence (unless they disclose that their personal safety is at risk). Counselling can make a positive difference to their lives.

How counselling can help young women

Counselling is the most common form of talking therapy, it can help young women deal with issues and events and the effects they are having on their mental wellbeing. Counselling could be recommended for young women who are basically healthy but who are struggling with a mental health disorder such as depression or eating disorders; it can address problems with anxiety, bereavement; bullying, anger, relationships, low self-esteem, and self-harm. The counsellor will help explore the problem, the symptoms and strategies for coping. The different types of counselling we offer:

- **Person Centred Counselling:** Person-centred counselling harnesses the individuals natural self-healing process. Given the right relationship with the therapist young women can decide what they want to do with their lives. Person-centred therapy aid personal growth in a non-directive way.

- Cognitive Behavioural Therapy (CBT): The approach of CBT is about thinking more positively about life, looking at how you can get stuck in patterns of behaviour and ways of changing these rather than dwelling on past events. The therapist sets goals with young women, often with 'homework' to do in.
- Mindfulness: Mindfulness is often combined with CBT and helps young women to focus on difficult thoughts and feeling, rather than avoiding them, so that the fear of them gradually lessens. Therapists can also include meditation and breathing exercises.
- Art Therapy: Art therapy can be used to help young women work in a reflective way, to move things along creatively. Using art in therapy can help to break down barriers in the therapeutic process that may feel difficult to put into words.

Contact details Phone: 0151 933 3292 Email: YPCounsellor@swanwomenscentre.org SWAN, 6 Linacre Road, Litherland, Merseyside, L21 6NH

- **Talking Matters Sefton**

Talking Matters Sefton is a free, confidential service designed to help anyone aged over 16 in the South Sefton, Southport, and Formby areas to deal with common mental health difficulties. These may include depression, anxiety, panic, phobia, obsessive-compulsive disorder (OCD), or post-traumatic stress disorder. **Phone:** 0300 303 2708 **Email:** tms.referrals@nhs.net

IAPT services seek to use the least intrusive method of care possible to treat people. This is called 'stepped care'. The clinician delivering your treatment will explain to you what choices are available and why they are considered suitable for you. Our service is non-judgemental, and we'll offer you as many treatment options as possible to help you decide what works best for you.

- ***New online group workshops*:** This month we will be launching our first online workshop. The focus of this month's workshop will be 'coping with low mood and depression'. If you are experiencing symptoms of low mood that are affecting your daily living, then our workshop may be of benefit to you. The workshop will run for 4 weeks and is completely free to attend. If this is something you may be interested in, please follow the referral process. Following referral, you will be offered a telephone assessment to ensure that the group workshop is the right support option for you.
- **Psychological Treatment Workshops:** these sessions are interactive between you and one of our therapists. They are designed to present information about mental health difficulties and some of the things you can do to manage your problems effectively.
- **Guided Self Help:** these sessions are designed to help you access good quality information about the problems you are experiencing. You will have regular appointments with one of our therapists who will help you to design your own treatment package.
- **Cognitive Behaviour Therapy (CBT):** this is a time-limited talking therapy focused on how you feel right now. It can help you to understand how your thoughts feelings and actions may be linked to your problems and can help to identify the changes which could be made to improve your mood.

- **Online Cognitive Behavioural Therapy (Silvercloud):** Silvercloud is an online course to help you manage anxiety and depression. You work through a series of topics and techniques selected by a therapist to address your specific needs. You will have weekly online reviews with your allocated practitioner. However, the course is designed to be completed in your own time and at your own pace. You will also have access to this programme for up to 12 months once you have completed the course.
- **EMDR:** Eye Movement Desensitisation Reprocessing is another talking therapy that's been developed to help people who have post-traumatic stress disorder (PTSD). People who have PTSD may experience intrusive thoughts, memories, nightmares or flashbacks of traumatic events in their past. EMDR helps the brain reprocess memories of the traumatic event so you can let go of them.
- **Counselling for Depression:** this therapy has been specially developed to help people understand the underlying causes of their depression. Counselling for depression is usually offered to people who have mild to moderate depression and have already tried other therapies, such as guided self-help.
- **Couples Therapy for Depression:** this is a couple's therapy that is designed to treat depression in couples where there is also relationship distress.
- **Signposting.** We have developed strong links with a range of organisations that provide services we do not offer, such as help with anger and bereavement counselling.

Address: Unit 5, Stella Nova, Washington Parade, Bootle, Merseyside, L20 4TQ

Opening hours: Monday - Thursday, 8am - 8pm (excluding bank holidays), Friday, 8am-5pm, Saturday, 9am-1pm (coming soon)

To self-refer online please [click here](#). Please note, you must be registered with a Sefton GP to make a referral.

- **[Venus Centre](#)** is an organisation for women, families, children and young people and homeless people with multiple and complex needs. We offer support, advice, information and activities. We provide services such as emotional support, befriending, advice, outreach, home visiting, volunteering, training, education, emotional and physical health, wellbeing support, drop-in, counselling, therapeutic groups and sessions, supported accommodation, debt advice, benefits advice and housing advice.

Counselling is available at the Centre for women and at the Star Centre for children and young people. Sessions can take place at various times through the week and the counselling can be either person-centred, psychodynamic or cognitive behaviour therapy. Individuals can self-refer or referrals can be made through other agencies or organisations. [Contact Details -](#) [Self-referral](#) [Third Party Referral](#) Tel: 0151 474 4744

- **[Virtual School](#)** - Sefton Virtual School LACES was recreated formally in April 2013, following the appointment of the Virtual Headteacher in February 2013. It exists as a collaborative endeavour, with different professionals and stakeholders across the Local Authority holding Corporate Parenting as a priority throughout. There are a number of barriers that can prevent Looked After Children from Achieving in School. LACES Virtual School aims to improve the life chances of Looked After Children by:

- Making sure that there are effective systems and processes to track and monitor the attainment, progress and attendance of Looked After Children.
- Ensuring effective support is in place to enable children to succeed.
- Ensuring that all Looked After Children have a robust and effective personal education plan that focuses on learning outcomes and access to one-to-one support, including personal tuition.
- Championing the educational needs of Looked After Children across the Local Authority and those placed out of the Local Authority.
- Ensuring strategic decisions are made about the allocation of resources.
- Removing barriers between different professionals and encourage collaborative working, knowledge and sharing.
- Creating a culture of challenge and support to review how all children and young people are performing.
- Ensuring the promotion of high standards of educational attainment, as well as the progress and achievement of all Looked After Children on roll.
- Driving effective strategies for managing attendance, engaging young people in their education and early intervention to support improvement, having high aspirations and raising the profile of Looked After Children.
- Ensuring that pupil premium spending for Looked After Children is effective and linked to outcomes.

If you have any concerns regarding the education or progress of a Looked After Child, LACES Virtual School can be contacted on the numbers below:
Contact - 01704 882 038 / 0151 934 3859 / 0151 934 3832 Attendance and Welfare Service - 0151 934 3359. School Admissions Section - 0151 934 3131.

- **Well Young Person Team** The Team provides bespoke packages of support to equip children and young people with the skills to become mentally and emotionally healthy. We work in partnership with Sefton schools to provide a range of programmes to support their pupils. We also work closely with other Sefton services to provide support for pupils who, because of poor mental health or poor emotional wellbeing, are underachieving, have poor attendance and punctuality, are socially isolated and/or have problematic relationships with both peers and adults. More details
 - Support pupils to become emotionally and mentally healthy
 - Ensure pupils who are in vulnerable situations and at risk of social and academic exclusion meet their full potential
 - Help pupils with problematic attendance to re-engage with school life and support schools in implementing a pathway
 - Provide the skills for pupils to stay safe from bullying and discrimination
 - Develop pupil's self-confidence and successfully deal with life challenging situations
 - Support pupils in achieving personal and social development
 - Improve pupil relationships and develop their empathy for the needs of others
 - Provide positive learning experiences through social development

Children and Young People Support Services

- **NYAS (National Youth Advocacy Service)** - Provides socio-legal services, information, advice, advocacy and legal representation to children, young people and vulnerable adults; Tel: 0151 649 8700.
- **Private Therapists and Psychologists** - Professional bodies holding directories of accredited therapists required to meet particular standards in order to be registered.
 - a) **British Psychological Society (BPS)** www.bps.org.uk - Holds a directory of chartered psychologists, can be found under the 'Find a Psychologist' section.
 - b) **British Association for Behavioural and Cognitive Psychotherapies (BABCP)** www.babcp.com – Holds an official register of all accredited Cognitive Behavioural Therapists (CBT), can be found under the 'Public - Search for a Therapist' section.
 - c) **British Association for Counselling & Psychotherapy (BACP)** www.bacp.co.uk - Holds a register of counsellors & psychotherapists accredited by the Professional Standards Authority for Health, can be found under the 'Information- It's Good to Talk' section.
- **SAFE** - Children displaying fire setting behaviour or a fascination with fire can be referred for the SAFE child education programme. Website: www.merseyfire.gov.uk Telephone: 0800 731 5958 www.facebook.com/merseyfire/
- **YPAS (Young Person's Advisory Service)** (5-25 years) - Offer support and therapeutic services for children aged 5 -15 years, young people aged 16-25 years and their families in Liverpool to improve the mental health and emotional well-being needs. Includes LGBT, sexuality and transgender support and advice. Group sessions, individual therapy, and other support services available. Address: 36 Bolton Street, Liverpool, L3 5LX. Tel: 0151 707 1025. Email: support@ypas.org.uk

Families - Support Services

- **Action for Children** – support families & children by trying preventing abuse and neglect, as well as working with fostering and adoption agencies.

Older Adults and Carers - Support Services

- **Age UK Sefton and Liverpool** - promote the wellbeing of older people in Sefton by offering support, advice, organising events and activities. Sefton: [01704 542 993](tel:01704542993) Email: mail@ageconcernliverpoolandsefton.org.uk
- **Sefton Carers** - Sefton Carers Centre provides free advice and guidance, emotional and practical support, training and a range of holistic therapies for unpaid carers living in Sefton.

Education, Training and Employment

- [Career Connect](#) - Works with young people between the ages of 16 and 19 (up to 25 with additional needs). Offers information and advice regarding next steps into education, employment or training. More information can be found at
- [Job Centre Plus](#) - a government employment agency and social security office. Help people of working age find employment; administer claims for benefits such as Income Support, Incapacity Benefit and Job Seekers Allowance. Website: www.gov.uk
- [The Prince's Trust Team Programme](#) (Merseyside fire service) (16-25 years)- for young people with all capabilities, not in education or employment. The 12-week programme develops skills to increase employment opportunities, boost confidence, and develop teamwork and communication skills. As well as completing a community project, participants take part in an outward-bound residential stay and undertake a two-week work placement. They get professional input on improving their CV and interview skills.
- [Sefton@Work](#) - Offering a range of free and confidential job-related services for individuals and for businesses in Sefton, Liverpool & Merseyside.

Support Services for Violence, Crime and Abuse

- [The Hideout](#): – information and advice about domestic violence, especially for children.
- [Karma Nirvana](#): Provide practical and emotional support to male and female victims of forced marriage and honour based abuse across the UK. Helpline: 0800 5999 247 (Open 9am - 9pm Weekdays & 10am - 4pm Weekends)
- [Male Perpetrators- The Respect Line](#) - for anyone who is concerned about their own or someone else's behaviour towards their partner (male, female, in heterosexual or same-sex relationships) and is also available for frontline workers. Tel: 0845 122 8609
- [Men's Advice Line](#) - a confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members). They help by giving you time to tell your story; offering emotional support; providing practical advice; signposting you to other services for specialist help. Tel: 0845 064 6800
- [NSPCC](#): Specialises in child protection and the prevention of cruelty to children. Tel: 0808 800 5000
- [Paladin-National Stalking Advocacy Service](#) - Provide advice to victims of stalking and advocacy to high risk victims of stalking, Raise awareness of dangers and risks of stalking, provide training to professionals, scrutinise the new stalking laws, campaign on behalf of victims, develop a victim's network of support.

Support for Children and Adults with Disabilities

- [Buddy Up](#) - is a mentoring and befriending project for young people aged between 13 and 18 who have additional needs and disabilities who are at risk of social isolation. Supporting Young People with Additional Needs to reduce social isolation, increase confidence and prepare for an independent adulthood. buddyup@seftoncvcs.org.uk

- **Home-Start Sefton** **Contact** Tel: 0151 608 8288, Website: Facebook: www.facebook.com/pages/Home-Start-Sefton/
 - **Groups for children with Complex Needs -Little Bees:** Weekly support groups offering stimulating, fun and positive play experiences for children with social and communication delay.
 - **Little Movers:** Developmental play group for babies & children with complex needs up to pre-school age, a Physiotherapist is in attendance.
 - **Baby Movers:** A group for non-mobile babies with complex needs or that were born prematurely. During the session baby's early development will be supported and encouraged through play, tummy time, song time and use of our sensory room. **Scope** – (2-19 years) Offer 1-1 support as well as workshops for families where sleep is an issue. This is for children who have a diagnosis of SEND or on the way to a diagnosis.
- **Short Breaks Service** - The Aiming High for Disabled Children Short Breaks Team delivers and commissions a wide range of evening and weekend group based activities and holiday programmes for disabled children aged 5-19 years. These activities are designed for disabled children who cannot attend universal activities because of their additional support needs. The sessions are led by highly experienced members of the Short Breaks Team and they have a fantastic team of fully trained and enthusiastic support workers. The team currently caters for over 250 disabled children and young people on a weekly basis with additional children and young people accessing the school holiday programmes. The teamwork with partner organisations to ensure that young people are able to access the services that are most beneficial to their needs.
Telephone: 0151 288 6811 Email: aiminghigh@sefton.gov.uk Facebook: <https://en-gb.facebook.com/seftonaiminghigh/>
- **Stick 'N' Step** - Working with children with Cerebral Palsy, and their families across the North West of England and North Wales.

GETTING MORE HELP

- [Sefton CAMHS](#)

Referral requests can be made in writing to:

- Single Point of Access (SPA), CATKIN building, Alder Hey Children's Hospital, Liverpool, L12 2AP
- Email: camhs.referrals@alderhey.nhs.uk (recommend to password protect the document and email password separately)
- We also take referrals over the telephone (including self-referrals from families)
- Please feel free to call the SPA duty team on 0151 293 3577 or 0151 282 4724 with any enquiries or to discuss a referral.
- [Download a single Point of Access CAMHS Referral Form](#)

Who do we see?

Referral criteria for further assessment

- ✓ The Child / Young Person must be:
 - ✓ Registered with a GP in Liverpool or Sefton.
 - ✓ Aged 0 – 18years at the time of referral
 - If over the age of 16 years, emergency, unplanned or crisis care is provided by MerseyCare (see exclusion criteria)
 - If over 17.5 consideration should be given to referral to MerseyCare Single Point of Access to improve the patient journey.
 - ✓ Presenting with signs indicative of, or on-going symptoms of mental health difficulties that
 - impacts upon their developmental functioning
 - or is likely to result in significant risk to themselves or others
- And
- ✓ A less intensive intervention (e.g. school-based parenting groups, guided self-help) or Adult Mental health service for 16-18-year-olds (e.g. Inclusion Matters,) is unlikely to suffice
- And
- ✓ Valid, informed consent has been obtained from the Young Person where applicable, or person(s) with Parental Responsibility
 - ✓ Any current safeguarding issues must have been referred to Social Care
- And
- ✓ Evidence and/or guidance would suggest that an intervention from the Specialist CAMH service would ameliorate the presenting risk and support the return of the young person to acceptable levels of functioning.

When we are not the best service...

Exclusion Criteria - We will not accept referrals where the child or young person is:

- Is over 16 years of age and requires emergency, unplanned or crisis care
 - Referral goes to MerseyCare Access Team
- Has not, or refuses to give consent to intervention
 - Consider if serious enough to warrant an assessment of capacity/assessment under the Mental Health Act
 - Consider working with the child's network

We do not accept referrals where the referral is a request for assessment/management of:

- Attention Deficit Hyperactivity Disorder
 - Consider Community Paediatrics/ADHD Foundation
- Autistic Spectrum Disorder
 - Consider the ASD Pathway
- Substance misuse
 - Consider Young Addaction / OKUK (Mersey Youth Association)
- Forensic risk
 - YOS prevention team/FACT
 - Must be referred and managed by Social Care
- Primarily issues of parental mental health/illness
 - Refer to GP with a recommendation for IAPT / Adult Mental Health
- Specialist CAMHS welcome requests for consultation in relation to the above areas, where professionals would benefit from additional support/advice.

Advice and Guidance Line - For Families/Children and Young People 0151 293 3577.

This number is available for advice for families & Children/Young People.

Operational - 8-8 Mon –Fri and 10-4 Sat/Sun. No answering machine is available, on the rare occasions that this number is not answered service users will need to call back.

For professionals – please call 0151 282 4724 for advice if you have concerns about the mental state of a child or young person.

For children who are already known to the locality CAMHS team call the locality number 0151 282 4527 with consent to speak to the case manager.

- [Merseyside Police](#) - If you are concerned about immediate risk to self or others. Emergency calls: 999 Non-Emergencies calls: 101 Website:
- [Sefton Independent Domestic Violence Advisors \(IDVA\) Team](#). You can contact us by: Telephone: **0151 934 5142**
Email: IDVA.Team@sefton.gov.uk - please note this is not a secure email address.

GETTING RISK HELP

- **A & E** - If you are concerned about immediate risk to self or others.
 - Adult Accident and Emergency Unit – Southport Hospital, Town Lane Kew, Southport, PR8 6PN – 01704 547471.
 - Children & Young People Accident & Emergency Unit, Ormskirk Hospital, Dicconson Way, Wigan Rd, Ormskirk, L39 2AZ - 01695 577111.
 - Accident and Emergency Unit, Aintree University Hospital, Longmoor Lane, Liverpool, L9 7AL – 0151 5255980.
- **Emergency Duty Team** - Prior to making a referral through to Children's Social Care, if you would like to have a consultation with a Social Worker please call Sefton's MASH Team on either 0151 934 4013/ 4481. Please note a Child Referral Form should be completed in all cases unless you deem the child to be at risk of immediate significant harm to which MASH Contact Officers will receive information via the telephone in the first instance but following this a Child Referral Form must be completed.
 - Once you have completed the referral form please email it to: socialcare.customeraccessteam@sefton.gov.uk
 - View the '[Information for Professionals Working in Partnership to Safeguard Children in Sefton](#)' document.
 - For any out of hours advice/ emergencies (Mon – Thurs from 5.30pm, Fri from 4pm and weekends) please contact **Sefton's Emergency Duty Team on 0151 934 3555**.
 - If you think a child is in immediate danger, please call the Police.
 - Please call the Sefton Contact Centre for all general enquiries on 0345 140 0845.
- **Merseyside Police** - If you are concerned about immediate risk to self or others. Emergency calls: 999 Non-Emergencies calls: 101 Website: www.merseyside.police.uk

References

- i Petri-Romano P, Bali E, Enright J, et al. *Safe model for school returns during the covid-19 pandemic*. 2021. https://www.gla.ac.uk/media/Media_736441_smx.pdf
- ii Vizard T, Sadler K, Ford T, et al. Mental health of children and young people in England 2020, Wave 1 follow-up to the 2017 survey. Health and Social Care Information Centre, 2020, https://files.digital.nhs.uk/CB/C41981/mhcyp_2020_rep.pdf
- iii <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2021-follow-up-to-the-2017-survey#key-facts>