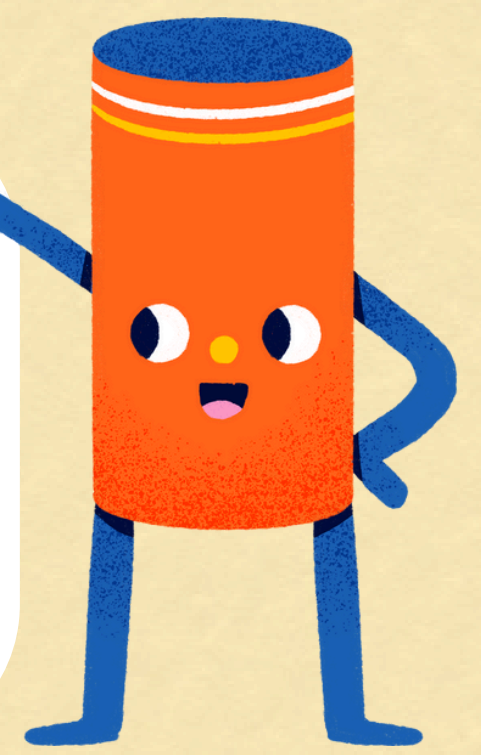


MENTAL HEALTH SUPPORT TEAM SUMMER OFFER

We're committed to strengthening mental health support over the summer to help pupils feel prepared for the new school year. If you're concerned about a student, reach out to your EMHP or Mental Health Link to discuss a referral. Referral support will be available from us before the summer break. We will be offering the following over summer.

Parent Digital Offer

We will be offering our parent digital services throughout summer. OSI, our online support intervention for parents/ carers to support with strategies to help cyp to manage anxiety and fears from home. OSI-A, which is aimed at families of children with diagnosed or suspected autism, with anxiety.



One to One Sessions

We will still be offering one to one sessions for children & young people struggling with low mood, anxiety & avoidance, worry and sleep difficulties, to help them to understand and manage thoughts, feelings, and their behaviours using CBT techniques. These will be offered in local health centres or digitally over the summer holidays.

Signposting & Liaison

Signposting and Liaison helps cyp access the right support at the right time by promoting clear communication between services. This collaborative approach ensures those who might otherwise be overlooked receive timely mental health support from the most appropriate professionals. This part of our offer will still be running through the holidays.

