

Mental Health

Free information and resources for schools

DSPL | Delivering Special Provision Locally
Achieving quality outcomes

Dacorum

Information and free resources to help you support children and young people with mental health difficulties in your school.



<http://healthyyoungmindsinherts.org.uk/>

The CAMHS Transformation website. Free resources aimed at young people, parents and carers, and professionals. Links to local organisations and advice on how to make a referral if you have concerns. Schools can register to access a variety of tools and resources on this website including referral forms, training slides, a whole school review tool etc.

YOUNGMINDS young-minds.org.uk

The UK's leading charity committed to improving the wellbeing and mental health of children and young people. It provides resources, training and a helpline for parents.



Age 16+: The Well Being Service

<http://talkwellbeing.co.uk/>

NHS service for anyone over the age of 16 – older pupils, parents and staff. The Wellbeing Service offers free, confidential talking therapy and practical support for people experiencing a wide range of very common emotional difficulties such as, anxiety, worry, low mood, depression and stress. Anyone can refer themselves or be referred through their GP.

Signpost
Charity number 801309
We're there for young people

Signpost is a local charity which provides counselling, coaching and other support to help young people aged 11-25 and living in South and West Hertfordshire overcome problems in their lives.

<http://signpostcounselling.co.uk/>

 **MindEd** www.minded.org.uk

Free educational resource on children and young people's mental health for all adults. There's a section for non mental health professionals, a section for counsellors and now a section for families.

kooth
BETA

Age 10-25:

www.kooth.com

Online counselling and wellbeing support. Confidential counselling, and 'live' group chats that are moderated. Available to young people aged 10 to 25 with a GP in Hertfordshire.

School Family Workers

All schools in Dacorum have a designated School Family Work Service. School Family Workers are trained to support school pupils and their families.

Leading Mental Health in Hertfordshire Newsletter

This is sent out termly by the CAMHS Transformation Team and is circulated to schools by the DSPL Team.

Child and Adolescent Mental Health Service (CAMHS)

An overview of CAMHS and how common presentations and issues might be categorised into tiers or needs. (Training is also available on how to make a referral.)

<http://www.healthyyoungmindsinherts.org.uk/publications/2017/jul/camhs-system-overview>



Step 2

Step2 is an Early Intervention Child and Adolescent Mental Health Service for children and young people in Hertfordshire aged 0-19. Step2 receives written referrals for direct family/child support from health professionals across Hertfordshire. Single Point of Access Number (SPA): 0300 777 0707

<https://www.hct.nhs.uk/our-services/step-2-camhs/>



Charlie Waller Memorial Trust www.cwmt.org.uk

Free or donation-based resources and training for schools, parents and young people about mental health.

Dacorum DSPL

Dacorum DSPL's
Mental Health

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Sub Group is looking at common issues across the area, working with Herts Valleys Clinical Commissioning Group, Step2 and The Well Being Service. Information on our work and training opportunities are at:

www.dacorumdspl.org.uk or

www.facebook.com/dspldacorum



Mind

www.mind.org.uk

Mind provides free advice and support to anyone experiencing a mental health problem.

Their website includes advice on children and young people, as well as the 'Five Ways to Well-being'.



Anna Freud Centre

annafreud.org

Children's mental health charity. Free resources for schools under the 'What We Do => Schools in Mind' tabs.



NHS Specialist CAMHS

Schools can refer directly to specialist CAMHS with consent from the family. Contact the single point of access on 0300 777 0707. Specialist CAMHS is a service for children and young people with severe, complex and persistent mental health problems.

<http://www.healthyyoungmindsinherts.org.uk/publications/2017/jul/multi-service-camhs-referral-form>