

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.

Healthy Young Minds in Herts

<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.



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.

Chat Health is the school nurse text messaging service for all secondary school aged pupils. It is a confidential service and available Monday to Friday from 9am to 5pm. Young people can message for advice on all kinds of health issues such as sexual health, emotional health and wellbeing, bullying, healthy eating and any general health concerns.

The text number is: **07480 635050**

Find out more at <https://www.hct.nhs.uk/our-services/school-nursing/>



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 a section for families.

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.

Emotional distress may be related to a social or practical issue. Therefore a family intervention to address this may be the best way to reduce the emotional distress.



www.healthforteens.co.uk **Health for Teens**

www.healthforkids.co.uk **Health for Kids**

These websites have been produced by health professionals in consultation with children and young people. Both have sections on 'Feelings' which address mental health issues. Health for Kids includes information for parents and carers.

Dacorum DSPL

Dacorum DSPL's Mental Health Sub Group is looking at common issues across the area. Information on our work and training opportunities is at:

www.dacorumdspl.org.uk