



Parent/Carer guide to understanding our offer

Who we are:

We are an early intervention and prevention Mental Health Support Team (MHST) based in your young person's education setting.

We offer three main areas of support:

We support schools in building a mentally healthy environment. For example this could be through staff training, classroom workshops or whole school assemblies

We offer advice and guidance to school staff to promote young people's mental health.

We provide direct support for children and young people with mild to moderate mental health difficulties. This could be on a one-to-one basis or in a group.



"Supporting you to thrive ... your way"

What is a consultation and what am I consenting to?

As mentioned, we offer consultation meetings to education settings. A consultation is a collaborative child-centred space that aims to facilitate a whole school and college approach to supporting emotional wellbeing - aspiring to explore the best support options for young people to enable them to thrive in their own way.

With your consent, the mental health lead in your school/college can discuss your concerns with our team. We will make recommendations and keep a record of this discussion.



This does not always mean that a referral for direct work with the service will be completed. Some possible outcomes from consultations include:

- ⇒ Advising the school on how they can support your child through reasonable adjustments and pastoral support.
- ⇒ Providing self-help materials.
- ⇒ Signposting to other community services.
- ⇒ A referral to our team for one-to-one work or group work.



Check out this video of two of our practitioners explaining our offer.

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A referral to the Thrive in Education service has been made, what now?

- If a referral is made to the Trafford Thrive in Education service, your young person will be allocated to one of our practitioners.
- This practitioner will be in contact to arrange an initial assessment, firstly with the parent/carer and then with the young person.
- We can offer this assessment via phone call, video call or face to face.
- We store all information on our shared CAMHS electronic patient records system. This is a system used by all the CAMHS teams within our NHS trust which is called MFT. No confidential information we hold about you or your child is shared without your knowledge and understanding of why this may be helpful in certain circumstances.



The purpose of the assessment stage is to gather information about the current challenges and formulate a plan for support. This plan will be developed keeping the young person's goals and wishes as the central focus. The outcome of this assessment may be to:



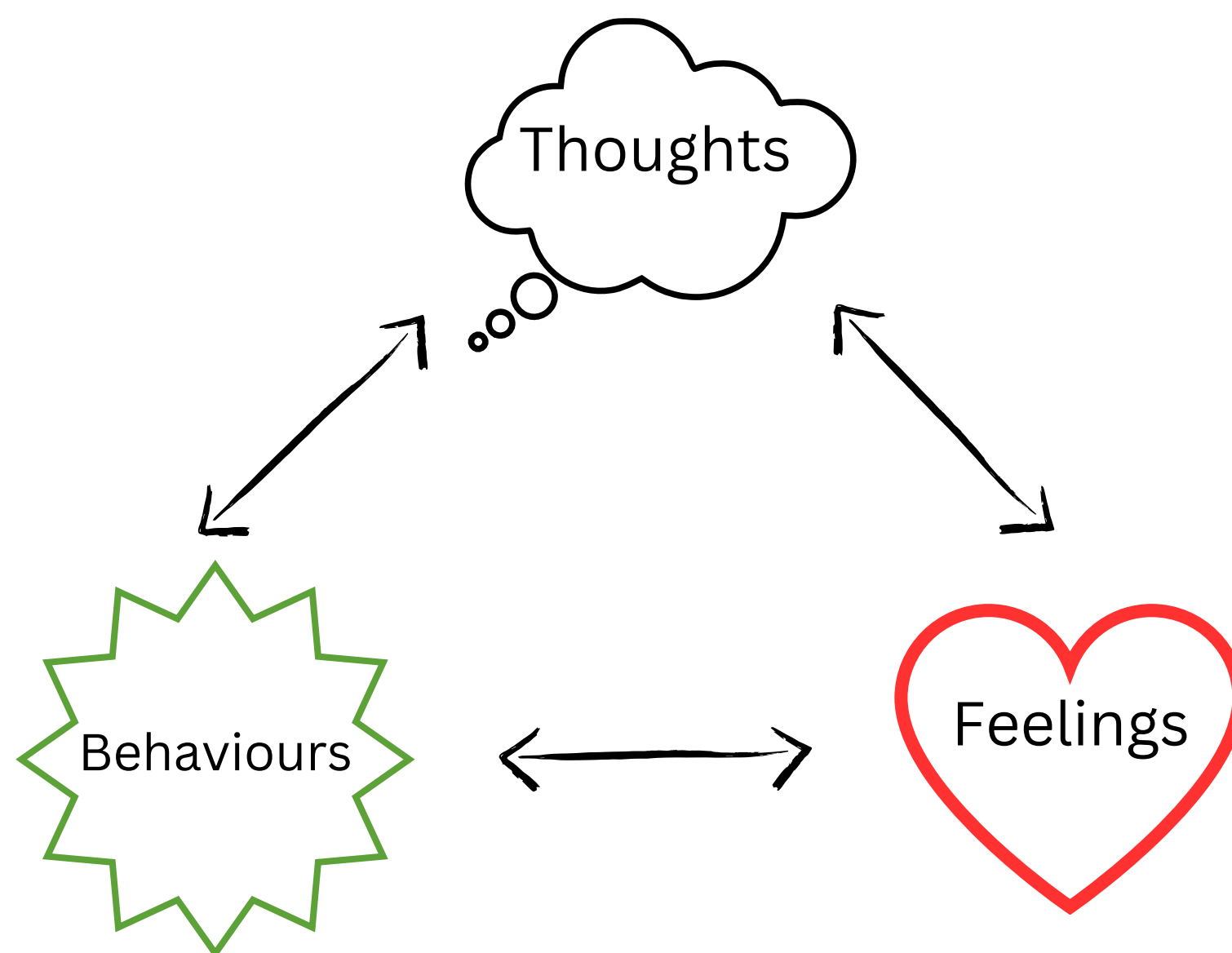
1. Complete 6-8 sessions of a low intensity CBT informed intervention, 1-1 or in a small group.
2. Complete a referral or signpost to the most appropriate support based on the information gathered.
3. Communicate with school/college how they can continue to support the young person with the challenges faced.

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What is CBT?

CBT is a type of therapy that looks at how our **thoughts**, **feelings** and **behaviours** interact and impact one another.



We can all get stuck in a cycle of unhelpful thoughts and behaviour's, leading to unpleasant feelings. CBT can help us find ways to break the cycle, helping us to manage tricky feelings and feel better.

We mainly offer interventions for:

- Generalised anxiety / worry
- Panic (feeling panicky, mild panic attacks)
- Low mood
- Exam stress
- Social anxiety
- Specific phobias
- Low level self-harm or risk



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Manchester University
NHS Foundation Trust

Useful service and websites

Silver Cloud - <https://traffordthriveineducation.silvercloudhealth.com/signup/>

Free, effective, easy to use, evidence based programmes and tools to support the whole family.

Calm Connections - <https://calmconnections.org/parent-support>

Whole family support for wellbeing, mental health and relationships.

info@calmconnections.org 07919 848558

Trafford Young Carers - <https://www.traffordcarerscentre.org.uk/>

Contact Number: 0161 848 2400

Trafford Community Eating Disorder Service

Contact: 0161 701 0447 or mftceds@mft.nhs.uk

Young Minds - <https://www.youngminds.org.uk/>

Supporting you and your young person's mental health.

Parents Helpline on 0808 802 5544, Monday - Friday 9:30am - 4:00pm

Qwell - <https://www.qwell.io/>

Free, safe and anonymous mental wellbeing support for adults across the UK.

Kooth - <https://www.kooth.com/>

Free, safe and anonymous mental wellbeing support for young people across the UK.

Anna Freud - <https://www.annafreud.org/parents-and-carers/>

Advice to help support young people who may be struggling with poor mental health.

If you need support, you can text AFC to 85258 (24/7 service)

BEAT - <https://www.beateatingdisorders.org.uk/> / 0808 801 0677

Supporting someone with an eating disorder.

National Self Harm Network - <https://www.nshn.co.uk/friends.html>

Support and provide information for family and carers of individuals who self harm

For more information, general advice and support from our service please contact us on
trafford.scil@mft.nhs.uk

If you need urgent support please call:
Greater Manchester 24/7 Mental Health Crisis Line: 111 option 2
or Trafford CAMHS Duty Line - 0161 549 6456 (Monday-Friday 9am-5pm)

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