

What do sessions look like?

We will usually offer you 6 to 8 sessions, lasting between 30- 60 minutes, with your mental health practitioner. Sessions can either be with your child or with yourself, as a parent/carer. In some cases, it is more appropriate to work with parents on a one-to-one basis, especially where children are younger.

Sessions are informed by cognitive behavioural therapy (CBT) and provide tools and strategies for common mental health needs in school.

What to do if you have any questions?

If you have any concerns about any of the information you have read within the leaflet, please speak to your school's mental health lead, and/or your mental health practitioner.

You can find information on wellbeing at: penninecare.nhs.uk/wellbeing.

For any urgent help and advice,
call our mental health 24/7
helpline on: **0800 014 9995**.



Information sharing

Usually we will only share information about you and your family with your permission. There may be a need to share without asking you first, for example if we think there is a risk to your wellbeing or a safeguarding concern; or if we are required to by law. Where we use your information to review the performance of the service or write reports and communications, your information will be anonymised so that no-one will know it's about you.

Any information about you will be treated confidentially and in accordance with data protection legislation.

Your information will be held securely on Pennine Care's electronic record.

Information about how your information is processed is available at: www.penninecare.nhs.uk/yourinformation

What we offer: Information for parents and carers



Our mental health support teams are a partnership between Pennine Care NHS Foundation Trust and specialist mental health organisations. You can find a full list of organisations in each of our teams at penninecare.nhs.uk/camhs.

What support does the mental health support team provide?

We support children and young people at school and college, who are experiencing mental health difficulties such as anxiety and low mood. This includes:

- One to one and group therapy/skills sessions for children and parent/carers
- Advice or signposting to other services who can help you and your child
- Support schools and colleges around their wellbeing for pupils and staff

Consent

Consent to support

It is important to know you and your family are happy to receive support from us, therefore we need your consent in advance.



Consent to information sharing

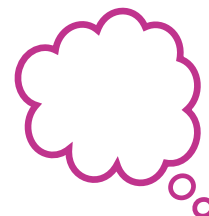
Your information will remain confidential at all times. We will explain who we will share your information with. See the back of this leaflet for further details on information sharing.

The Mental Health Support Teams (MHST) are part of the Child and Adolescent Mental Health services (CAMHS) within Pennine Care NHS Foundation Trust.

We utilise the same electronic records system (ERS) as CAMHS. When consenting to a referral to the MHSTs, you are agreeing that information held on our ERS can be shared with school as part of the consultation/assessment process.

What happens next?

1. Either yourself or your school has identified your child as needing wellbeing support
2. Consent is given by you and your child
3. School discusses your child's needs with us
4. As a team we discuss what may be helpful
5. We feedback to school with suggestions



If we feel your child would benefit from one-to-one or a group session, we will contact you directly.

If you haven't heard from us or your school within 4 weeks, please contact your school for an update.

What happens in an assessment?

If your child's referral to us is accepted, an assessment will take place. This assessment is not a test or an exam. It is a conversation with your child to gather information to understand what kind of support your child might need.

Our mental health practitioner will also contact you to discuss your understanding of your child's needs. This helps us better understand what support will be most beneficial for your child.

How do we keep children safe?

Your child's safety is important to us and we will support you by conducting a thorough risk assessment in our initial meeting.

This involves exploring different elements of risk. This will be around self-harm, thoughts or plans of suicide, and risk to and from others.

A safety plan is agreed with your child and shared with key adults.

