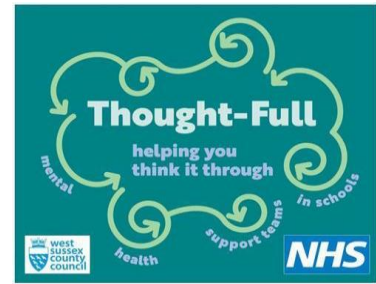


Thought-Full: Mental Health Support Teams in Schools



Thought-Full are The Mental Health Support Team in Schools in West Sussex. We are a team of practitioners working in primary and secondary schools supporting schools with their whole school approach to mental health and wellbeing. As part of our work we offer school aged children support with mild to moderate mental health difficulties.

We can support children and young people who are experiencing the following:

mild to moderate low mood and/or anxiety, fears, worry, low self-esteem, sleep difficulties, eating problems (linked to mood and emotional issues) and young children with behavioural issues.

Our interventions are brief, evidence-based and CBT informed. We offer up to 10 sessions, which we can either offer as face-to-face or virtual sessions. Sessions take place in school hours, and are usually up to an hour in length. We will support your child and work collaboratively with them to develop tools of self-awareness which can be used in all areas of their life, now and in the future. Research shows these tools can be very effective for young people.

As part of our whole school approach, we offer a range of psychoeducational workshops to help you understand the signs, symptoms and treatment for mild to moderate mental health difficulties and recorded webinars for parents and carers to support you in supporting the emotional wellbeing of your child.

If you think that your child could benefit from our support, please contact **Mrs Kalpakiotis (Deputy Head)** who will be able to talk through your concerns and make a referral if appropriate.

Please see our website for some helpful websites and contact numbers that you can access for your own support, alongside that of your child's.

You can find us at: www.westsussex.gov.uk/Thought-Full

Or contact us at: Thought-Full@westsussex.gov.uk

*If your child needs urgent support, please contact your GP, or if out of hours, call 111.
If your child is experiencing a mental health crisis and needs immediate support you can contact the YoungMinds Crisis messenger text service, by texting YM to 85258. They provide free 24/7 crisis support across the UK. You can also access The Sussex Mental Health Line, which is available 24/7 on 0800 0309 500.*