



*I'm struggling  
with things*

## **Mental health services for children & young people**

Information for Parents/Carers & Professionals

Delivered by



**The  
Children's  
Society**

# Whole School Approach



RISE Newcastle and Gateshead Mental Health in Schools service provides a 'Whole School Approach' for low intensity mental health needs.

## Who are RISE?

The RISE team support schools and colleges who are part of the mental health in schools government Mental Health in Schools programme.

Our highly trained Education Mental Health Practitioners (EMHP) work alongside education professionals & parents/carers to create low intensity mental health support for children and young people from primary school age through to further education.

RISE offer a range of therapeutic approaches to encourage children and young people to feel able to manage how they are feeling and have the ability to talk through things that are on their mind. Together with being able to access our RISE website which

promotes a wealth of resources to maintain positive emotional health and wellbeing.

## How we can help

Our RISE EMHP can offer support through a number of flexible sessions. Our Whole School Approach means we can work directly with the education professionals to set sessions in managing specific issues such as exam stress to a whole class, to working individually with a young person who requires help.

We work closely with parents/carers to build confidence and offer advice and support. Plus liaise other professionals outside of school settings to support signposting children & young people to other services.



The 'whole school approach' includes

- **One to one work** - for young people who are presenting with low level mental health difficulties and are unable to attend a small group
- **Small groups.** Deliver small group sessions maximum of 6 children and young people focusing on areas such as anxiety, sleep issues, exam stress and dealing with friendships
- **Classes & assemblies.** Deliver sessions around transitions, managing exam pressures, friendships and challenging relationships
- **Training offer** - Training to school staff to deliver sessions which focus on low mood and self-harm

- **Digital Offer** - Information for parents/carers of good quality Apps and resources that are age appropriate and clinically sound.

An indication of the types of mental health themes the RISE team will support:

- Education on managing anxiety/worries/depression
- Low mood
- Emotions
- Resilience
- Friendships
- Advice on sleep hygiene, problem solving and panic attacks
- Exam stress
- School transitions
- Provide approaches to improve low level emotional health and wellbeing
- Anger management
- Advise and signpost education staff on further information to ensure children and young people get the right support.

Each week we upload a self-help video to our website

**[rise.childrensociety.org.uk](https://rise.childrensociety.org.uk)**

and under the 'resources' tab on the website on 'Wellbeing Wednesday' we focus on a different area of mental health.

In partnership with



## Contact us / make an expression of interest

Email

**[risereferral@childrenssociety.org.uk](mailto:risereferral@childrenssociety.org.uk)**

Instagram

**@rise.ne**

Twitter

**@Rise\_mhst**

Website

**[rise.childrenssociety.org.uk](http://rise.childrenssociety.org.uk)**

You can find additional support across Newcastle and Gateshead at the 'Resources' tab on our website

**[rise.childrenssociety.org.uk/well-being-resources](http://rise.childrenssociety.org.uk/well-being-resources)**

**[childrenssociety.org.uk](http://childrenssociety.org.uk)**

Charity Registration No 221124

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