

Summary of Mental Health support available to schools

All areas will benefit from the continued investment in, and transformation of, mental health support as set out in the NHS Long Term Plan. Funding for children and young people's mental health services will grow faster than both overall NHS funding and total mental health spending. There are also a number of sites across the country currently rolling out Mental Health Support Teams in schools and colleges. Alongside the growth in NHS mental health services and the training being provided for a senior mental health lead from every school and college, other support on mental health and wellbeing in schools and colleges includes:

- Link Programme training is supporting development of effective partnership working between schools and colleges, local specialist NHS CYPMHS and relevant voluntary and community sector organisations. The training will be rolled out to every school and college in England over four years, from October 2019. Attendees will explore how education and health are currently working together; develop knowledge of mental health problems seen by specialist NHS services and by schools and colleges; reflect on how they currently manage mental health issues; and build knowledge on the purpose of, and methods for, measuring wellbeing:
<https://www.annafreud.org/insights/news/2019/07/national-mental-health-programme-to-bridge-gap-between-schools-and-colleges-and-nhs-services/>
- Mental Health Awareness Training is being provided to a teacher from every secondary school in England by 2020, to support schools to build the capability to identify, and promote awareness of, mental health needs:
<https://www.gov.uk/government/news/secondary-school-staff-get-mental-health-first-aid-training>
- The statutory Special Educational Need and Disability (SEND) Code of Practice sets out the approach that schools should take when a member of staff spots an emerging issue, including mental health issues. This approach informs the decision as to whether or not a child needs special education provision, and so applies to children regardless of whether they have a SEN or disability:
<https://www.gov.uk/government/publications/send-code-of-practice-0-to-25>
- The updated Mental Health and Behaviour in Schools Advice reflects the implementation of the SEND reforms. It includes information about what to look for in terms of underlying mental health issues, linked to the graduated response and the sort of support that might be suitable. It emphasises the importance of continuous professional development to ensure staff have the knowledge and confidence to identify: the early signs of mental health problems; what is and isn't a cause for concern; and what to do if they think they have spotted a developing problem:
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/755135/Mental_health_and_behaviour_in_schools_.pdf
- Counselling can play a particularly effective role as part of a whole school approach. Many schools already provide their pupils access to counselling support. To support the provision of counselling support in schools, a blueprint for school counselling services provides schools with practical, evidence-based advice, informed by schools and counselling experts, on how to deliver high quality school-based counselling. It also offers information on how to ensure that vulnerable children, including SEND, LAC and those who are LGBT, who have a higher prevalence to mental illness, can access counselling provision:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/497825/Counselling_in_schools.pdf

- To support more schools to set up and deliver school-based peer support programmes for mental health, the DfE is working with the Anna Freud National Centre for Children and Families to pilot different approaches to peer support. Following completion of the programme and its external evaluation later on this year, the findings will be shared nationally to help more schools to develop or improve their own mental health peer support programmes.
- There is an online offer for parents, through the Government-supported MindEd. Many parents indicate that the information on what the school provides is one of the most useful resources to support their child's mental health. It is important that schools make parents aware of what support is available:
<https://www.minded.org.uk/>
- The Department for Education's regional implementation team (mentioned on page 6) will also support schools and colleges that are not covered by MHSTs, helping them to understand and access a range of support available to suit the particular requirements of their settings and pupils.