

# Lancashire Emotional Health in Schools and Colleges: Online Offer

Lancashire Emotional Health in Schools and Colleges is commissioned by Lancashire County Council to provide free training for school staff on a range of topics relating to children's mental health. We are a small team of clinical psychologists based at Lancaster University. Our work aims to help staff improve their knowledge and confidence of mental health issues, and to help them better support the emotional and mental wellbeing of children and young people.

Contact us: [lehss@lancaster.ac.uk](mailto:lehss@lancaster.ac.uk)



Funded by:



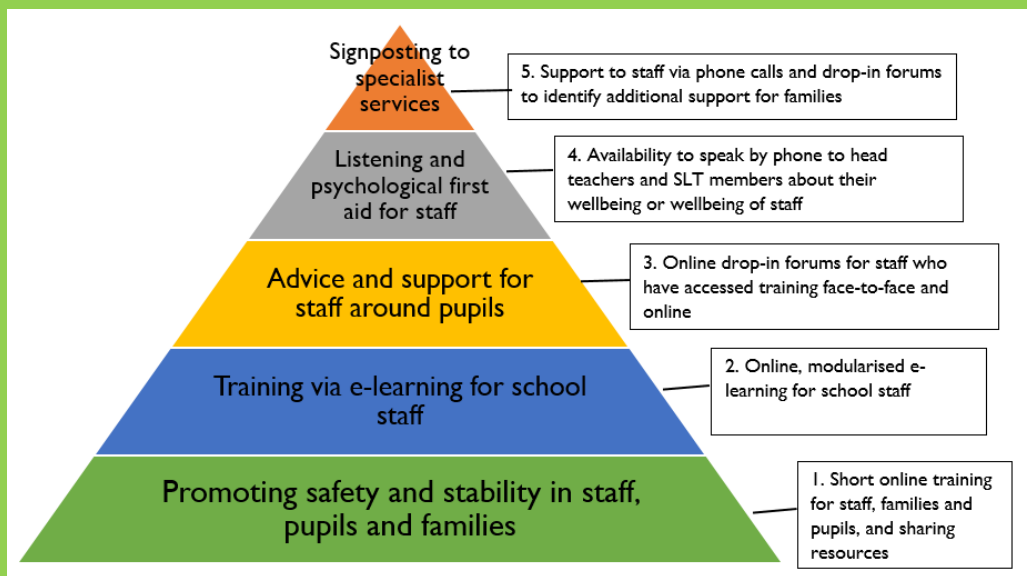
These are unprecedented times, with schools closed until further notice and physical distancing rules in place for us all. As a service offering support to schools, our response at present is to try to meet people 'where they are at', and provide support that best fits what they need to be emotionally healthy and provide the best care for themselves.

Our service delivery model will be based on five areas of work:

## 1. Online information

tailored for families that is freely available to anyone. This focuses on quality evidence for maintaining and promoting good emotional health and self-care.

You can access this information here: <https://sway.office.com/8oQ8Wc5LL02BdEID?ref=Link>



## 2. Training sessions

accessible online for school staff in Lancashire.

These are available as a series of short e-learning modules which can be accessed at any time.

If you work in a Lancashire school, you can find more information and sign up here: <https://sway.office.com/iZekGYePOdARLEGf?ref=Link>

## 3. Online drop-in discussion groups

offered to school staff who access our training, either face-to-face in the past or currently online.

Weekly meetings will give school staff the opportunity to engage with the training materials through discussion with LEHSC staff and other participants.

## 4. Listening and psychological first aid

for head teachers and senior staff to discuss issues that have arisen for them in the context of leading the school in the current situation.

The aims of this are to listen and where appropriate normalise feelings, as well as provide containment and reassurance.

## 5. Signposting

to sources of support for families and young people via staff accessing online drop-ins or phone calls, when unmet needs or mental health difficulties and risk issues are highlighted.

Directory of local support services:

<https://www.healthyyoungminds.sc.co.uk/information>

Useful links to local and national services here:

<https://sway.office.com/v3v3pFSsNMJrYk74?ref=link>