An Introduction to our service for Parents and Carers of children moving up to Secondary School

Who we are

We are a team of NHS staff working in your child's secondary school. We offer support to students experiencing difficulties with their emotional and mental wellbeing, including low mood and anxiety. We also help those whose behaviours are causing them problems and work with other services to make sure everyone can access the most appropriate help and support. The wellbeing in mind team is made up of NHS professionals including senior clinicians, higher level therapists and educational mental health practitioners. TEWV Wellbeing in Mind Service - YouTube

What we do

We provide advice, support and training to school staff on wellbeing issues; forming a link between the school and other services supporting your child. We also provide direct support for young people experiencing mild to moderate mental health difficulties within the school environment.

Why we do it

Transition from primary school to secondary school is a very important time in a child's life and can have an impact on their mental wellbeing. Poor emotional and psychological well-being can have a negative impact on many areas of a young person's life including relationships they form, their academic achievement and their home life.

Having the right support available in school helps to make sure problems are picked up at the earliest opportunity and young people receive the right help, more quickly- lessening the impact mental health difficulties can have both now and in the future. It also helps teachers and other staff to better support children in school and creates a healthy environment where young people are encouraged to consider their emotional wellbeing and that of others.

How to access our help

Young people are able to access help from the team via their school. If you are concerned about your child's mental wellbeing we would encourage you to speak with your child's school. Initially, the team will provide advice to school staff however sometimes we may feel direct support is needed. In this instance we will meet with the young person to carry out an assessment.

Self Help

We recommend accessing the Anna Freud Top Tips to Feeling Good to support your child in prioritising their mental wellbeing. https://www.annafreud.org/media/3194/year7_help4pupils.pdf

Secondary schools we currently support – Bedale, Easingwold, Northallerton, PRS, Richmond, SFX, Stokesley, Thirsk and Wensleydale.