

HOW DO I REFER MY CHILD?

If you think that this is something that would benefit your child, the best thing to do is to have a discussion with them first to let them know about the support and why you think it might be helpful for them.

Young people can refer themselves to student services by completing the Wellbeing Form on Moodle. If they'd prefer you to refer them on their behalf, you can fill out the Wellbeing Form there.

If a young person does not want our support, we will not work with them as it is their choice and our interventions can only work if the young person is freely willing and keen for us to help them.

Contact Student Support Services for more information about the NHS Education Wellbeing Service or if you have any additional concerns about your child (see the back page for contact details).

MENTAL HEALTH SUPPORT SERVICES

- Young Minds (up to the age of 25). Text YM to 85258 or call 0808 802 5544.
- Kooth.com (up to the age of 24).
- Papyrus (up to the age of 35) – Call 0800 0684 141

CRISIS SUPPORT

- Go to your local A&E department, or call 999 if you have urgent medical care.
- NHS – Call 111 (free 24/7).
- Child and Adolescent Mental Health Services (CAMHS) crisis line (up to the age of 18). Call 0800 0516 171 (free).

COLLEGE CONTACT INFORMATION

Carshalton College

ccstudent.support@stcg.ac.uk

Kingston College

referral.team@stcg.ac.uk

Merton College

mcstudent.support@stcg.ac.uk

South Thames College

wellbeing.whs@stcg.ac.uk



**NHS EDUCATION WELLBEING
SERVICE FOR YOUNG PEOPLE
(16-18 YEARS OLD)
Information for Parents**

NHS EDUCATION WELLBEING SERVICE FOR YOUNG PEOPLE (16-18 YEARS OLD)

WHAT IS MENTAL HEALTH?

We all have mental health and it's just as important as our physical health. Also known as emotional health or wellbeing, it is important to look after it in order to make the most of your potential and cope with life.

MILD MENTAL HEALTH DIFFICULTIES – WHAT DOES THIS MEAN?

According to the National Institute for Health and Care Excellence (NICE) guidelines, mild mental health problems are when a person has a small number of symptoms that have a limited effect on their daily life.

IF MY CHILD'S DIFFICULTIES ARE ONLY MILD, THEN DO THEY REALLY NEED ANY HELP OR SUPPORT?

Seeking help for mild mental health difficulties, ie. before our problems or difficulties get much worse, is wise so that we can prevent ourselves from developing more chronic or serious mental health difficulties.

HOW DO I KNOW IF MY CHILD MAY NEED OR BENEFIT FROM THE SUPPORT OF AN EMOTIONAL WELLBEING PRACTITIONER (EWP)?

Things to look out for:

- A tendency towards being perfectionistic
- Speaking about themselves in a negative or critical way
- Changes to sleep pattern
- Physical health complaints e.g. headaches, stomach aches
- Shaky, sweaty, restless
- Appearing low, sad or more tearful
- Worrying much more than usual
- Being more withdrawn/not talking much
- Being more irritable or argumentative than usual
- A change in their attendance or achievement at college
- Losing confidence or enjoyment in things that they used to enjoy—avoiding doing things they used to do e.g. clubs, activities

WHAT WE OFFER YOUNG PEOPLE (16-18 YEARS OLD)

Emotional Wellbeing Practitioners (EWPs)

EWPs offer up to eight weekly 1-2-1 guided self help sessions to support young people with:

- anxiety

- low mood
- stress
- sleep
- low motivation
- overthinking

The guided self-help interventions are based on Cognitive Behavioural Therapy (CBT). CBT has a strong evidence base for supporting people who are struggling with their mood or with anxiety.

Mental Health Practitioners (MHPs)

MHPs work with young people presenting with the same difficulties above who may have more complex needs for up to ten 1-2-1 sessions.

The evidence-based approaches we often use include, but are not limited to: CBT, mindfulness-based relaxation and dramatherapy.

ADDITIONAL WELLBEING SERVICES AT STCG

Your child also has access to a range of wellbeing support services including:

- College Counselling and Wellbeing Support
- Moodle Self-help Resources
- Free online 24/7 wellbeing support with Togetherall.com

For more information contact Student Support Services (see the back page for contact details).