

Wigan CAMHS School Link Team

Information for Young People and Families

Wigan CAMHS
Helping Hands Centre
155—157 Manchester Road
Wigan
WN2 2JA



Improving Lives

What happens if I agree to a referral to the school link team?

You and your parent/carer will be asked to fill out a questionnaire so we can find out more about any anxiety, worry and low mood symptoms. This helps us to consider what your presenting problem could be so we can consider the most appropriate support for you. When we receive your questionnaire we will telephone your parent/carer to find out more about how you are feeling at home. We will offer them initial advice and support over the phone on how they can try and help you.

We then arrange a consultation with your Head of Year or Pastoral Lead in school. We will find out more about the concerns you have shared with them, how this is affecting you at school and most importantly your hope for support. We will provide school advice on how they might be able to support you and we will suggest an initial plan of support which they will discuss with you.

What if I am having thoughts about hurting myself?

Contact CAMHS on 01942 775 400 for urgent support and advice. After 5pm and weekends please phone 0800 051 3253. If you feel unable to keep yourself safe attend A&E for urgent assessment.

What might the school link support plan include?

- **Recommending self-help resources and apps**
- **Supporting your trusted adult in school to offer you mentoring sessions with supervision from our team**
- **Looking at groups available at school**
- **Referring you for counselling support**
- **Suggesting referral to another service**
- **Offering training to school staff**

For primary and secondary school students registered with a Wigan GP we can also offer; **3 sessions of assessment and support in school (Assessments online or in person)**

For secondary school students registered with a Wigan GP we can also offer; **Suitability assessment for brief intervention (6 – 8 sessions)**

For more information or referral please speak to your Head of Year or Pastoral Team.

What is the School Link Team?

We aim to prevent mental health difficulties developing for children and young people.

Mental health is about our feelings, our thinking, our emotions and our moods. We all have mental health and it is important for us to know how to look after our mental health. Feelings like sadness, worry and stress come and go as do feelings of happiness or excitement. When difficult feelings occur every day and don't go away it can be a sign of an emerging mental health problem. School link practitioners support school staff in Wigan to develop knowledge, skills and confidence in identifying and supporting mental health in schools.

The School Link team is part of the wider Wigan CAMHS team. We are an early intervention service providing routine advice and signposting or early assessment and early intervention to students presenting with an emerging mental health problem (increasing worry, anxiety or low mood).

Every Wigan school is offered a half termly consultation. We have mental health nurses, a social worker, a school nurse, children and young people wellbeing practitioners and a cognitive behavioural therapist in the team.

Our aim is...

To provide whole school resources/ approaches to help students and school staff to learn about their mental health

To help school staff to identify emerging mental health difficulties and feel confident to support students with their mental health in school

To raise awareness of self-help support and self-management strategies for children and young people.

To offer advice and support to parents through telephone consultation and to young people in school. We can signpost for further support if required

To reduce stigma around mental health in schools

What if I don't want support through school? You can still ask for support with your mental health by phoning Wigan CAMHS 01942 775 400. This also applies to children who are home schooled.

Where can I get help in school if I am worried, anxious or feeling low in mood?

If you are finding it difficult to distract from your worries, notice that your anxiety is increasing, have difficulty sleeping or you often feel sad, please speak to a trusted teacher in school, parent or carer. You or your trusted adult can then speak to your pastoral support team or head of year. School will want to support you by finding out more about your concerns, understanding your hope for support and advising you about your options for support in school, this may initially include mentoring or school counselling. Other support services include;

Kooth - <https://www.kooth.com> - sign up online

Young Minds - <https://youngminds.org.uk>.
Text YM to 85258

Shout - <https://www.crisistextline.uk> 24/7
text SHOUT to 85258

Samaritans - <https://www.samaritans.org>, call 116 123 or email jo@samaritans.org

Childline - <https://www.childline.org.uk> or call 0800 1111